

Housing plan cheap, better for seniors

By Tony Saloway

A peninsula church group is seeking government support for a new kind of senior citizens' housing which could save taxpayers millions of dollars in years to come.

Despite the savings, North Saanich Ald. Rebecca Vermeer believes her proposal — based on a successful British model, but untried in Canada — responds more flexibly to seniors' needs



Rebecca Vermeer

than current forms of subsidised housing and intermediate care facilities.

Vermeer hopes the experiment could become the model for future senior's housing developments in British Columbia, catering to those who need some care but can still do things for themselves.

The proposal, backed by a non-profit society formed by members of St. Andrews Anglican Church in Sidney, calls for construction of an eight-unit "family home" close to the Sidney public library and the senior citizens' centre at a cost of \$250,000.

Vermeer says cost savings come from the lower capital cost of building "family housing" as compared to the more usual seniors' apartments, and lower operating costs.

She estimates the Capital Region District could save \$30 million over five years by housing 1,067 clients now in personal care and low-level intermediate care facilities in "family home" models which she calls "sheltered housing".

In "sheltered housing", each resident has a room in a family-

sized house, with adjoining toilet and washbasin. But residents share living room, dining room, utility room and bathroom and the property around the house.

A live-in housekeeper provides two meals a day, but residents fix their own breakfasts and can help out in other ways such as gardening and shopping if they wish.

"Sheltered housing is essentially for the elderly who no longer wish or are incapable of completely independent living but are not ready for institutional care," Vermeer says.

Some seniors lose interest in cooking or looking after a home but become isolated when moved into apartments, she says.

But if they opt for a typical "personal care" facility such as exists now, residents don't do anything — "they can't even make their own toast", Vermeer says.

In sheltered housing the housekeeper assisted by church volunteers is intended to look after residents as a housewife looks after her family. She can help those who need more help as they get older.

Current estimates show a need for 48 sheltered housing units in Sidney, 27 in North Saanich and 35 in Central Saanich, Vermeer says. None of these areas currently have "personal care" facilities.

The St. Andrews housing project would provide the first eight units needed in Sidney, with assistance from a 25 per cent provincial government capital cost grant and a federal Central Housing and Mortgage Corporation mortgage subsidy to reduce the loan interest rate to two per cent.

Vermeer says other seniors projects, such as Sitkum Lodge on the Songhees reserve, have received the same subsidies, and she's hoping for a positive reply from the two levels of government by spring.

The seniors themselves would pay for the housekeeper, and total monthly charges to residents would be \$656 or \$7,872 per year. The average annual income of single seniors in the CRD is \$12,810.

The only provincial subsidy year by year would be \$468 per resident (for limited homemaker service) compared to \$3,285 at the average personal care facility, and \$13,140 at an intermediate facility such as Resthaven.

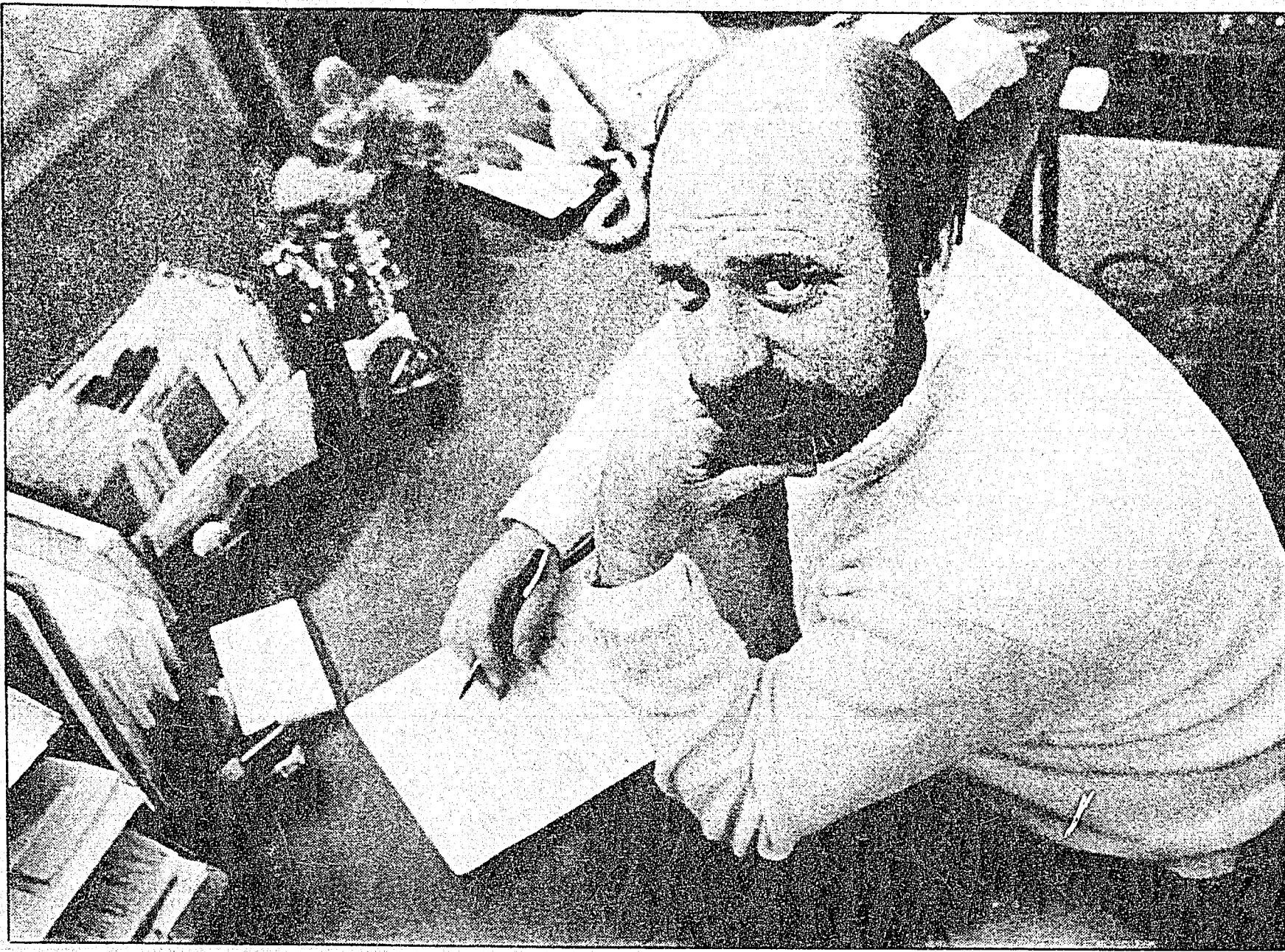
Established 1912
A Community Newspaper Serving:
Sidney & Saanich Peninsula

CCNA
CNA

the REVIEW

VOLUME 71 ISSUE NUMBER 1

Wednesday, January 2, 1985 35 Cents



Review publisher Reg. Cowie is determined to get off on the right foot in 1985. Above, he scrutinises list of New Year resolutions he vows to keep. They include:

- I will no longer drive on "empty"
- I will do my Christmas shopping early
- I will exercise faithfully (my dog)
- I will not squeeze toothpaste from the middle
- I will not use my wife's witty remarks as my own
- I will be kind to my in-laws
- I will reply to all correspondence promptly
- I will meet all deadlines requested by the production manager
- I will cancel all-some-one of my credit cards.

Some people around town made their own pledges — Clive Tanner's was short, abrupt and on an ascerbic note. "Not to talk to newspapers," he said.

Eric Lewis, owner of the Waddling Dog and an alderman on Central Saanich council, sighed and admitted reluctantly his resolution was the same each year. "I must cer-

tainly lose some weight." Sidney Mayor Loyd Burdon said he'd made the same vow since 1972 "but this time I'm serious about it. I've got to lose some pounds."

Burdon's other resolution — to "see the Port of Sidney to substantial completion." Peter Tredgett, manager of Saanich Peninsula chamber of commerce will "try to do whatever I can to find jobs for young people," while Norma Sealey says although 1984 was supposed to have been a year of retirement and rest she's kept up a hectic pace with a number of involvements.

But for 1985 she's going to try to spend a little more time with her family, "particularly now that I have two grandsons."

On a more serious note, Sealey said her hopes and prayers are that 1985 will be a better year for the "many who have suffered through 1984." She shares the "sense of pride in the response of the community to those in need but hopes the concern will not fade with the 'last Christmas light' and adds "let us all continue to recognize need throughout the year."

Christmas Fund close to \$22,000

The Review-Sidney Lions hit a magnificent total of \$21,617.69, up more than \$2,000 from last week's total when we thought that had to be the final figure.

But right up until late Christmas Eve the money came in.

And if we add the cash value of food and toys donated the total is close to \$44,000.

Altogether 441 families — more than 1,000 men, women and children — had a spanking Christmas, thanks to everyone out there who helped the cash fund grow, gave food or supplied beautiful toys.

Of that \$21,617.69 Sidney Lions purchased food vouchers to the tune of \$19,230. And out of an estimated \$5,000 worth of toys, some 1500 children woke up Christmas to handsome gifts, presents that were chosen thoughtfully and with care.

A tax notice is now available and people who made cash donations and wish to claim on their income tax return will be able to pick up the number from The Review office or if they are unable to call it will be mailed to them.

A special thanks to Sidney Kiwanis — whose club was omitted from last week's list of thanks to people who helped. Kiwanis took over toy distribution again this year and did a great job. Thanks, Kiwanis president Norm Rubenstein and club members. You all did a great job.

Special thanks to the many people who donated separately to the food bank, the sum of which is not included in our Christmas fund total. As Norma Sealey points out elsewhere on these pages, need does not stop with Christmas and the food bank continues to cater to an evergrowing clamor for help. Thankfully, it receives great support year-round from the community.

Referendum in April?

Sidney residents may be voting April on a referendum for downtown revitalization.

Mayor Loyd Burdon said Thursday the decision had not yet been made to involve the public at large although it was mandatory for merchants who will be involved "in a specific area" — however that specific area has not yet been defined.

The man whose job it will be to specify the area was approved formally by Sidney council Dec. 27 at a special meeting. Raymond A. Brookbank has been appointed manager for the downtown revitalization project for an initial period of six months at a salary of \$2,500 per month.

His mandate — to manage, co-ordinate and sell the project.

Some 63 people applied for the post, a sub-committee of the

downtown revitalization committee whittled the list down to eight people and four were interviewed twice.

Brookbank is a former Nanaimo alderman and is currently a member of Nanaimo



Mayor Loyd Burdon

Harbor Commission.

The revitalization is estimated to cost \$1.6 million but Ald. John Calder said Thursday it was a "ballpark" figure since no one yet knows the cost of underground wiring which is included in the project.

The provincial government has agreed to loan council \$1.2 million which is 75 per cent of the estimated cost. The low interest loan is interest free for the first two years, Calder said.

Council will supply an office and secretarial services estimated at \$500 per month. Burdon noted those costs will be returned to the town when the project finally gets underway.

If the referendum fails Burdon told council "and we do it in another fashion" Brookbank may be kept on.

Expect cold, rainy weather

Cold arctic air will continue to hug the peninsula in the first week of the New Year, weathermen predict.

But expect rain in place of the unseasonable batch of snow that dumped just after Christmas.

The rainfall should

moderate temperatures a few degrees, pushing daytime highs up to 4-5°C. Temperatures over the holiday period have been hovering a little above or a little below zero.

Christmas is normally dry or rainy and any snow comes

later.

As for the long-range forecasts — it's better not to pay any attention to them, says weather prophet Phil Hughes at Victoria International Airport.

"They have zero accuracy in this area," Hughes says.

Grant for bus

Saanich Peninsula Hospital is badly in need of a special bus for disabled patients and has been trying to raise funds to purchase one. Now Finance Minister Hugh Curtis has given the Santa touch — albeit slightly delayed — to its plight with the announcement Friday of a \$31,500 grant from the lottery fund towards cost of the vehicle.



Hugh Curtis

Curtis says the bus will have a wheelchair lift specially designed and equipped with safety features for handicapped people and is "pleased to have been of assistance" in granting the funds.



Happy New Year



Safeway's (the) Place to buy Selection, Quality & Price

WORKING HARD TO BE YOUR FAVOURITE FOOD STORE

Sliced Bacon

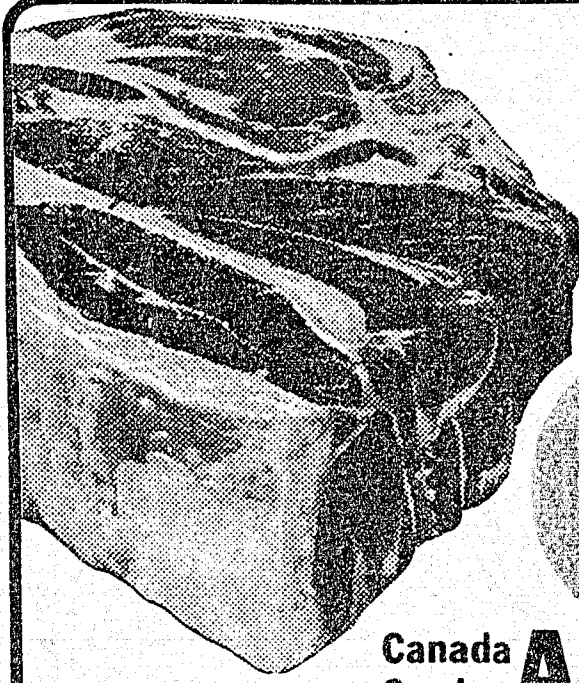
Smokehouse.
No. 1 Grade.
500g Pkg.

\$1.99 lb.

Shoulder Roast Lamb

Fresh.
Bone In.
\$3.73 kg

\$1.69 lb.



Beef Blade Chuck

Roast

Canada
Grade A
"Bone In" \$2.18 kg

99¢ lb.

Bologna

Fletcher's
By The Piece.
Vac Pack

99¢ lb.

Cross Rib Roast

Beef
Bone In.
Cut from
Canada
Grade A Beef
\$4.39 kg

\$1.99 lb.

Manor House
Meat Pies
• Turkey
• Beef
• Chicken.
Frozen
ea. **59¢**

Lucerne
Medium Eggs
White.
Canada
Grade 'A'
Doz. **\$1.18**

Ovenjoy
Bread
White or
60% Whole
Wheat
570g loaf **59¢**

Twisty
Wild Bird Seed
2.26 kg Pkg.
ea. **\$1.69**

Ocean's
Flaked Light Tuna
184 gram Tin
ea. **89¢**

B.C. Fine Granulated
Sugar
10 kg bags **\$5.48**

Scotch Buy
Mushrooms
Stems & Pieces
10 fl. oz. tin
284 mL
66¢ each

Scotch Buy
Orange Juice
From Concentrate
Frozen
341 mL
Tins
Each **88¢**

Snow Star
Ice Cream
Assorted
Flavours.
4 litre pail **\$3.45** ea.

Busy Baker
Salted Crackers
Plain or
Salted.
400g **99¢**

Town House
Tomato Soup
3 for **\$1.00**
284 mL
10 oz. tins

Shampoo or Conditioner
Flex.
Bonus
Pack.
600 mL
Container **\$2.88**

Town House
Grapefruit Juice
Unsweetened.
Pink or
Regular.
48 fl. oz. tin **\$1.29**

Tide
Detergent
4.8 kg
box **\$9.39**

California
Grown
Avocados
Medium
Size **3 for 99¢**

Sour
Head
Cabbage
\$2.18 kg
Alberta Grown
No. 1 Grade **99¢** lb.

Central American
Grown
Bananas
Check &
Compare 44 kg
Cherry Tomatoes Mexican Grown, No. 1 Grade **99¢** lb.

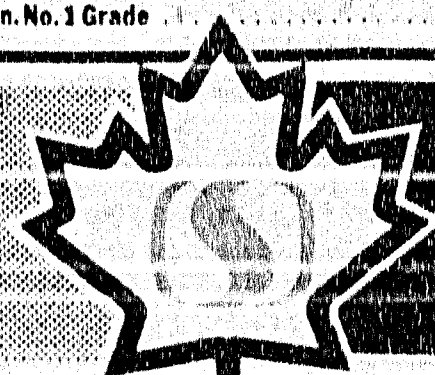
B.C. or
Ontario Grown
Boiling Onions
3 lb. bag **99¢**

Washington Grown
Hubbard Squash
42 kg
Delicious
Baked or
Bollid **19¢** lb.

Duracell
Batteries
AA. Pkg. of 4
\$2.98

Lang's
Photo Album
24 Page Album
\$1.98

OPEN SUN.
10 AM to 5 PM JAN. 5
SIDNEY SAFEWAY
OPEN MON. TO FRI.
9:30 AM to 9 PM
SAT. 9:30 AM to 6 PM
PRICES EFFECTIVE
JAN. 2 to JAN. 5, 1985



SAFEWAY

CANADA SAFEWAY LIMITED



Review photographs Murray Sharratt caught familiar and elegant couple on Beacon Ave. as they did some pre-Christmas shopping.

Those deadly Nitrosamines

It reads like the plot from a Hollywood thriller.

A married man and a single woman become entangled in a love affair, but due to the presence of the wife must satisfy their passions surreptitiously.

The situation finally becomes intolerable and the pair decide murder is the only option. The problem is how to do it without getting caught.

The woman, a cancer researcher and expert in the field of chemical toxins, has an idea. She secretes a quantity of nitrosamines out of her lab and gives them to her lover who, over a period of time, adds the compound to his wife's food.

Within months, she is dead from cancer.

This example of the classic love-murder triangle may sound like fiction but it actually happened some years ago in the US. It is related by a professor of chemistry at Simon Fraser University, not for entertainment value but to demonstrate how deadly nitrosamines can be.

Interesting perhaps, but what involvement does the average person have with this known cancer agent?

Plenty says Dr. Y.L. Chow.

"Everyone who eats, drinks, smokes and breathes takes in some nitrosamines because their presence in our modern environment is so ubiquitous."

Nitrosamines are a class of chemical carcinogens that form from nitrates, a common preservative and flavor enhancer used globally by the food manufacturing industry.

The range of products containing nitrates includes meats, cheeses, snack foods, smoked fishes and convenience foods.

Scientists in the early 1970s were alarmed to find nitrosamines even in such unlikely places as cosmetics, toilet goods, whiskey, beer and animal feed stocks.

"Contrary to popular belief, nitrosamines are not purely a product of the space age," says Chow. "They occur naturally in varied amounts in almost everything from vegetables, meat, fish and drinking water to wood. For preservative purposes, nitrates have been used for centuries and until recent decades often in massive doses."

Chow estimates that the amount of nitrates used in foods today is 10 to 15 times less than 15 years ago. "Once scientists were able to prove how deadly nitrosamines were, controls were brought in fairly quickly."

Unfortunately, while controls might reduce the number of deaths

attributable to nitrosamines, they do not bring society any closer to an actual cure for cancer. Chow laments that too much money has gone to support analysis of nitrosamines in environmental samples and not enough to basic research on the cause of carcinogen action and counter measures.

Still he would not advocate a total ban on nitrosamines because he fears the alternatives may be as bad or worse.

An internationally recognized expert on nitrosamines, Chow has focussed his work on the behavior of the compounds, comparing their chemical shape with other substances that are not toxic. His findings have formed the chemical cornerstones for the work of scientists involved with investigations into the cause and cure for cancer as it relates to the food industry, the environment, hygiene, physiology, dieting and brewing.

How close are we to a cure for these types of cancers?

"Cancer will be beaten. I think the ultimate cure will come in the form of drugs or perhaps a combination of drugs and radiology."

In the meantime he is philosophic about mankind's legacy of ailments: "Such diseases have been common throughout history. A few years ago tuberculosis was the big killer but finally a cure was found."

"Now it is cancer. The next problem will likely be how to deal with old age and the rapidly increasing number of old people. It's a never-ending cycle."

Whither women's network?

The Victoria Women's Network meets next 7:30 p.m. Jan. 10 at the Embassy Motor Inn, 520 Menzies. Entitled "Directions", the meeting will question: why do we join, why do we stay, are we getting what we seek, are we giving in return, what rules do we wish to establish? For more information call 382-5794 or 383-1023.

Help for pet owners

A new program of financial assistance has been introduced by all Southern Vancouver Island veterinarians and the SPCA to encourage pet owners, that otherwise would not be able to, spay or neuter their pets.

Veterinarians will be con-

tributing 35 per cent - 50 per cent of the cost with pet owners and the SPCA providing the balance. Participating pet owners should contact the Victoria branch of the SPCA who have accepted administering of the program.

SIDNEY MEAT MARKET

9786 - 2nd Street

656-7535

HOMEMADE SAUSAGE
• ENGLISH BANGERS
• PORK & BEEF SAUSAGE
WELL AGED STEAK AVAILABLE
SIRLOIN, NEW YORK & T-BONE

OLD COUNTRY rentals
★ SALES
★ REPAIRS
★ PARTS

Dealer:
9773-5th St. Sidney
656-5541

Head Office
2920 Bridge Street,
Victoria, 386-1371

POWER PUMP SALE
Reg. 499.00
Now 449.00

HONDA Power Equipment

PUMPS
600 litres per minute
OTHER MODELS to choose from:
WA15C 399.00
200 litre per min.
WA30X 599.00
1100 litre per min.
WT30 TOWASH 1189.00
1230 litres per min.

HONDA

JANUARY SPECIALS

PARTS MART

STANDARD BUCKET SEAT COVERS
REG. \$31.95 pair

SALE \$26⁹⁵

TUNE-UP \$35.

ALL 4 CYLINDER CARS
LABOUR REG. \$45.00
+ 15% OFF ALL TUNE-UP PARTS
INCLUDES FREE 22 POINT SAFETY INSPECTION

CALL JOHN HOLLAND 388-6921 for your appointment
SERVICE HOURS 8-5 MON. - FRI.

BLANSHARD BY THE ARENA

HONDA CITY

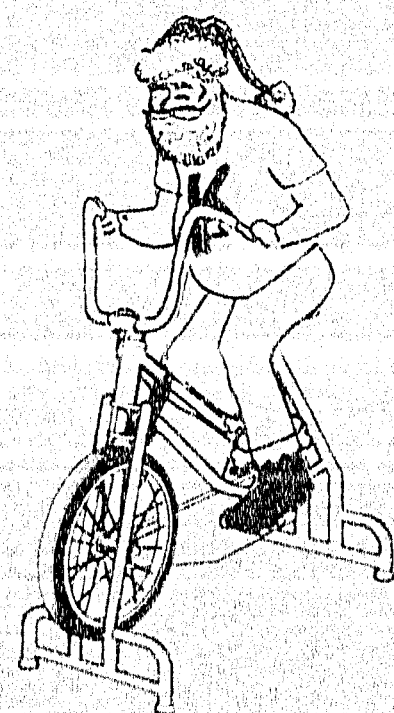
KEATING PARK FITNESS CENTRE

if the Holiday Cheer is padding your rear Smart Santa's know the RIGHT place to go!

FULL FITNESS PACKAGES INCLUDE:
Weight Room and Aerobic Room

- Supervised by trained personnel
- Specialized programmes to meet your needs
- Rowing machines
- Bikes
- Weight machines
- Free weights

- Varied levels from mild to intense
- Certified instructors
- Morning classes
- Afternoon classes
- Evening classes
- Special aerobics floor



\$169⁰⁰
6 mon.

\$289⁰⁰
1 yr.

terms available

6793 KIRKPATRICK CRES. (off Keating Cross Rd.)

652-5444

Introducing
THE NEW YEAR
with a
SPECIAL PRICE

\$19.85

Most cars and light trucks

YOUR CHOICE

• **LUBE and OIL** \$19⁸⁵
Includes oil filter and up to 4 litres of oil.

• **WHEEL BALANCE** \$19⁸⁵
All 4 wheels.

• **WHEEL ALIGNMENT** \$19⁸⁵
Includes complete suspension check

• **WINTER CHANGEOVER** \$19⁸⁵
Dismount summer tires, mount and balance winter tires.

BRIDGESTONE's

ALL SEASON AND WINTER TIRES IN STOCK.

25% OFF

ALL PRICES INCLUDE INSTALLATION

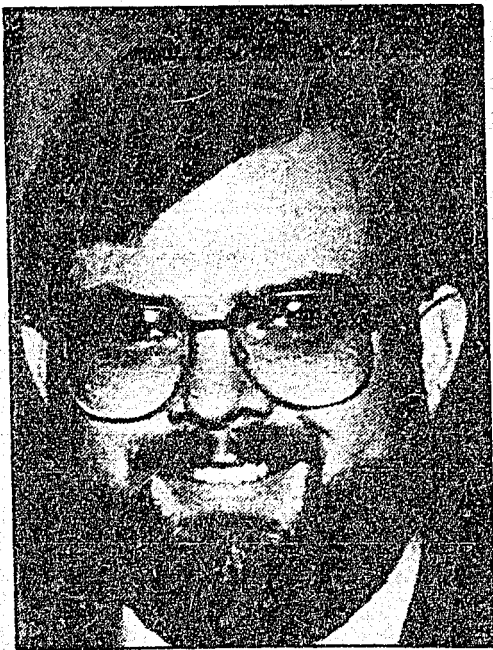
SIDNEY TIRE

9817 RESTHAVEN DR.
656-5544

ALL REPAIRS
GUARANTEED

FAST PROFESSIONAL SERVICE
SERVING THE PENINSULA FOR OVER 12 YEARS

New Year messages from mayors



Mayor Lloyd Burdon,
Sidney

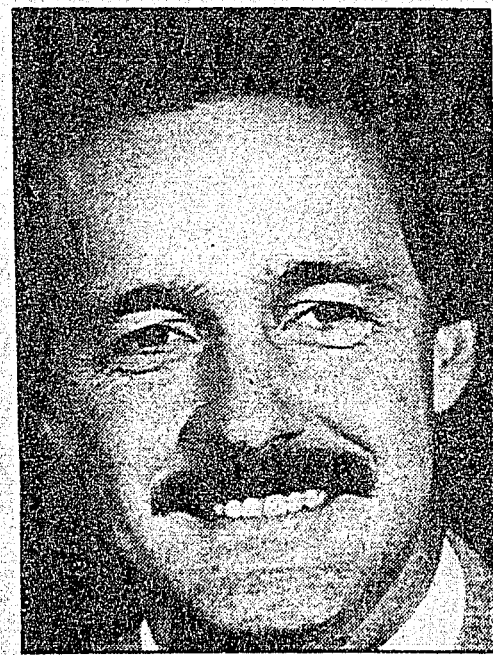
May 1, through the pages of your paper, offer my sincere good wishes to the people of Sidney for a happy and healthy New Year.

I hope that everyone had a very merry Christmas. I would like to congratulate The Review and Sidney Lions for the magnificent job you did in making sure that the disadvantaged in our area did not go without the things that so many of us take for granted at Christmas.

Nineteen eighty-five is going to be an exciting year for Sidney with several major initiatives on the agenda.

I thank the people of Sidney for their confidence, cooperation, and patience during 1984 and look forward to continuing that relationship in 1985.

W. Lloyd Burdon,
Mayor



Mayor Ron Cullis,
Central Saanich

I would like to start the New Year by expressing my appreciation to all Central Saanich employees for the quality service they provide to residents, and to the many volunteers who devote their time and resources to help improve the quality of life in our community.

Central Saanich will not embark on any new capital expenditures programs in 1985. The focus will be on planning to meet the future needs of the community.

Phase two of the Brentwood Bay beautification project — otherwise known as the Pioneer Park Development — will occur in 1985 and will provide an attractive focal point for community activity in Brentwood Bay Village. This is a joint project of the municipality, Provincial Capital Commission and Central Saanich Volunteer Firefighters' Association.

We are renewing efforts to work together with the commercial sector in creating a positive climate for new employment opportunities in the municipality. We are encouraged by the new businesses which have come to our area in 1984, ranging from high tech (such as Geo Data) and manufacturing as in Island Pacific Brewery to the smaller storefront retail merchants.

The Pioneer Village Shopping Centre will open early in 1985, bringing increased business and services to Saanichton commercial area.

On behalf of council and residents of Central Saanich I extend warm greetings to all people on the Saanich Peninsula and best wishes that 1985 will be a year of health and prosperity for all.

Mayor Ron Cullis, Central Saanich

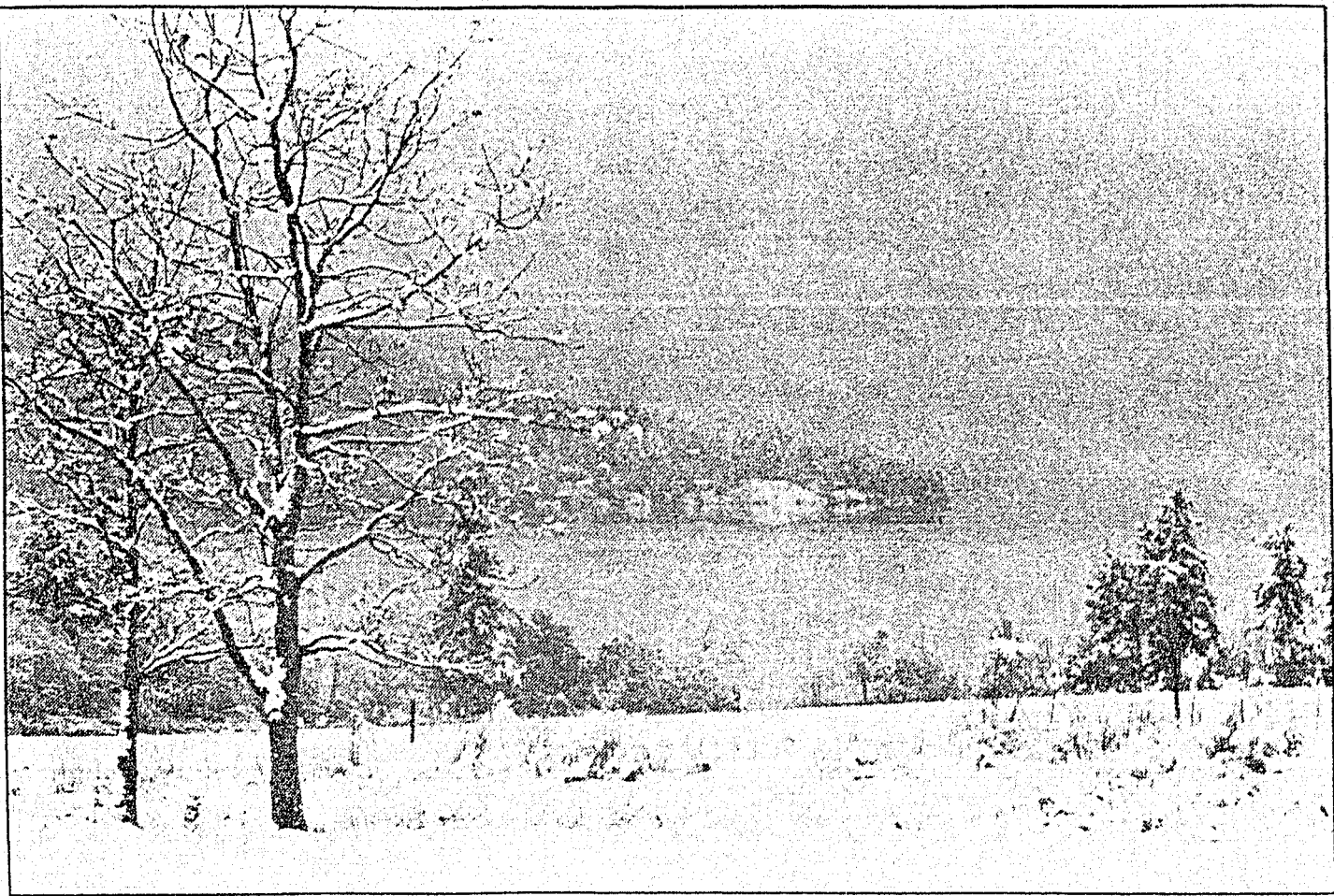


Mayor Harold Parrott,
North Saanich

The mayor, council and staff of North Saanich municipality wish to take this opportunity to wish all its residents good cheer and prosperity in the coming year.

May 1985 be a happy and prosperous year for you all. With a new council with fresh, new ideas, we feel that 1985 will be a time to take a new approach to municipal government in North Saanich.

Once again, a happy and prosperous New Year to all. Mayor Harold Parrott and council, North Saanich.



Snowy view of Brentwood Bay from West Saanich Rd. Murray Sharratt Photo

readers' mailbox

Sally Ann theft

As a regular Saturday morning procedure, I walked up the street to the local stores. Finishing my necessary chores early, I stopped in at the "Sally Ann", wanting to refresh my memory.

I looked up at the Nativity Scene set upon the wall shelf, only to find the figurines were gone. When talking to the employee I learned they had great sentimental value, but more than this, the scene was there to share with people the true meaning of Christmas!

As I stood reviewing the remains, I remembered the Christmas of yester year and saw the Christmas of today — for so many.

I pray and upon hearing this, others will pray, that this act will touch the hearts of those responsible.

Mrs. Thomas,
Brentwood Bay.

New 'Maggies' unpopular?

A letter from a correspondent in England reports that the new one-pound coins made of some gold-coloured alloy are very unpopular. They are being nicknamed "Maggies" because, it is said, the prime minister is like them, "hard, brassy and thinks she is a sovereign."

A merry Christmas to you, your staff and readers!

R.B. Horsefield
2370 Amelia Ave.,
Sidney

Wants dog kept in at night

In reading K. Porter's letter of Dec. 19 "People Problem", I was pleased to see someone else annoyed about the noise at 10903 Inwood Rd. Although I know this noise problem hasn't come directly from that house for three years, I do know it's been about two as we moved into the neighbourhood almost two years ago, and they followed us.

But it is also not just one dog, but two at the same address. During the last three weeks, there have been two nights the dogs have barked all night. Unfortunately on both those nights, my husband and I had to be up at 4:50 a.m. to go to work. The first time we had maybe three hours sleep, the second possibly, one.

This amount of sleep does not make for happy neighbours! On the second night, when my husband and I finally did fall asleep, our phone rang at 3:30 a.m. to see if it was our dog that was making the disturbance. Again, this does not make for happy neighbours!

I assured the caller, who failed to give her name, that our dog was sleeping quite happily at the top of our stairs, inside and that I had tried calling the owners of the dogs, during the night, and no one was home. This was also the case the first night.

The caller showed up at our gate the next day, to deliver to us a nasty note. My husband told her she had the wrong address and to try 10903. After finding out that this was the concerned caller, my husband also told her, before calling someone during the wee hours, that it might be nice, if she had her facts straight. However she did apologize at this time, and proceeded down the road to the guilty party, note in hand.

I understand there is Bylaw 145 Section 2, as we have contacted the police on this matter, however I'm not sure how easily enforced it is. But would it not be easier if the people at 10903 Inwood Road, would just keep their dogs inside at night. How about it neighbours?

Mr. & Mrs. K. Coward
10901 Inwood Rd
North Saanich

Shameful

Most people judge the government by what it does for them; others, more altruistic, by what it does for the nation as a whole. In the present article we will assume a third criterion of appreciation and look at what federal parliamentarians have done for themselves during the last few years.

In 1975 they increased their sessional indemnity from \$12,000 to \$24,000 effective on July 8, 1974. In 1981 they boosted their in-lodgment to \$40,200, effective on July 1, 1980.

At the same time in 1975 they insulated themselves against inflation, in perpetuity, by passing legislation entitling them to automatic compounded yearly cost of living allowances so generous that on Jan. 1, 1984 their indemnity stood at \$52,800 and their tax-free allowance at \$17,600, a total of \$70,400. By using indexation in their favour,

parliamentarians have, in our view, rewarded themselves for ineptitude and irresponsibility.

Another edulcorative provision became law in 1981, retroactive to July 1, 1980. Thenceforward on MP who for any reason is not re-elected, or one who dies or becomes permanently incapacitated, receives forthwith 50 per cent of the aggregate of a full year's indemnity and salary.

On the same occasion, parliamentarians increased their pensions inordinately. After six years of service an MP is now entitled, irrespective of age, to a life pension calculated at the rate of 5 per cent per annum of the average of his best-paid six years — with a maximum of 75 per cent.

We regard that particular legislation as the most unconscionable and probably the most scrofulous ever enacted by the House of Commons. Yet, it was swiftly and enthusiastically supported by all three political parties. A truly symbiotic spectacle! What a shameful example for the nation! To the best of our knowledge, no country was ever destroyed because of the poverty of its people, but more than one empire in history has met with catastrophe because of the corruption and the greed of its leaders.

As an economic principle, the indexation of salaries and wages is thoroughly unsound for a simple reason: it aggravates and spreads the disease which it is supposed to cure. Moreover, even if the principle were scientifically acceptable, it should never be used to the advantage of legislators — since they are the only ones who have both the responsibility and the power to keep inflation under control.

Instead of choosing inflation as a barometer for adjusting their compensation, MPs should use the national productivity coefficient, thus correlating, as it should be, reward and performance. When the national index goes down, their total pay package should be reduced correspondingly. Any objection to this formula on their part would be very close to an admission of their uselessness.

That apocryphal world-wide inflationary crisis was invented by incompetent and pusillanimous politicians unwilling to curb the excessive demands of the tycoons of organized groups.

Since the September election, the new government has made a series of announcements which indicates its intention to continue

Continued on Page A5

looking back

60 YEARS AGO

From the Jan. 8, 1925 Review

The Review learned definitely today that the Lieutenant-Governor, Mr. Walter Nichol, has purchased the property of Mr. W.F.U. Copeman, at All Bay.

This property consists of about 15 acres and is one of the choicest sites on Vancouver Island, having a beautiful outlook and being situated on a sheltered bay.

The governor said he was very pleased with his purchase.

50 YEARS AGO

From the Jan. 2, 1935 Review

Mr. Jack Williams of Totem Pole Exchange, Beacon Avenue, was a visitor to Vancouver during the Christmas week.

Miss Alberta McKillican of Vancouver spent Christmas with her parents here, Mr. and Mrs. H.A. McKillican.

Mr. J.J. Enos and family and Mr. J.C. Enos, all of Vancouver, spent Christmas here at the home of Mrs. M.A. Enos, Fifth St.

Miss Annie McRae of Pincher Creek, Alberta, is visiting here as the guest of her uncle and aunt, Mr. and Mrs. W. Lane, East Rd.

40 YEARS AGO

From the Jan. 3, 1945 Review

Arthur Cooper, 23, was convicted in police court on Dec. 30 under the National Selective Service regulations for failing to report for military duty.

W.J. Wakefield of Sidney returned last week from a flying visit to Calgary where he visited his mother.

The local fire brigade installed last week skid chains on the fire truck. In case of snow, the equipment will be ready for use.

30 YEARS AGO

From the Jan. 5, 1955 Review

A recent issue of The Review published a "filler" which stated that Hugh C. Baker of Hamilton, Ont., was the first man in the world to make use of the telephone — in 1877.

H.D. Patterson, retired resident of Brentwood, said the late Mr. Baker was his uncle.

Early in the new year residents of North Saanich and the Gulf Islands will go to the polls to vote on plebiscites which will determine the views of the electorate on the sale of liquor throughout these areas.

20 YEARS AGO

From the Jan. 6, 1965 Review

Sale of 1965 license plates at Sidney village office got off to a brisk start Monday.

Numbers of the passenger plates sold at the Sidney office started this year at 53301 while commercial numbers started at J7001.

No impaired drivers were picked up by police in Central Saanich, North Saanich or Sidney over the New Year holidays.

10 YEARS AGO

From the Jan. 1, 1975 Review

One of the most historic meetings on the peninsula took place recently when the three municipal councils and their mayors officially met together for the first time.

Their purpose was to discuss the ramifications of the tri-municipal recreation bylaw and at the same time unanimous approval was given to the building of a recreational facility on the peninsula.

The meeting was chaired by Central Saanich Mayor Jean Butler.

PEGGIE ROWAND
Editor

REG COWIE
Publisher/Advertising Manager

JENNIFER JOHNSTON
Office

MURRAY SHARRATT
Sports Reporter/Photographer

HUGH NASH
Reporter

MARILYN DOWN
Advertising Sales

JAMES MANNING
Circulation

the REVIEW

ESTABLISHED 1912

The Review is published every Wednesday at Sidney, Vancouver Island, B.C.
2347 Beacon Avenue, Sidney, B.C. V8L 1W5
Provincial Sales Publishers Ltd.

Subscription Rates:
\$15.00 per year by mail, \$25.00 per year out of Province
SECOND CLASS MAIL REGISTRATION NO. 0120

Members of the Canadian Newspaper Association

CONTRIBUTORS:
• Pat Murphy
• Hubert Meyer
• Helen Lang
• Ev. Thompson
• Helen Walter
• Pat Humphrey
• Eric Skovron
• Marilyn Danneke
• Steve Roberts
• Mary Kivans
• Jay Rangel

VANDON
CNA
CCNA

hubert beyer

At the legislature



Remember the story of the emperor without clothes? While his cronies convincingly expounded on his beautiful garb, the blighter was naked all along.

The trick was psychology. As long as everybody else seemed to believe the guy was dressed to the nines, nobody would admit, even to himself, that he was prancing about in the raw, obvious appearances notwithstanding.

It was an advertising campaign par excellence, long before the Madison Avenue boys convinced the world that it had ring around the collar.

Enter the Sacred advertising campaign which is to roll across our television screens this January. I'll bet you an old, rumpled raincoat that this campaign will have a lot in common with the strategy that made everybody believe the emperor was a natty dresser.

In the 1985 Sacred ad campaign, B.C. will be the emperor, economic recovery will stand for the clothes, and you and I are the folks to be convinced that all's well in the land.

The question is: are we going to believe the TV hype? There's no reason to think we won't. Don't forget that the campaign is aimed at the same people who are convinced they can't make do without diet soft drinks, shampoo with beer and triple protection toothpaste that squeezes out of its container in three gory colors.

The campaign's message of hope and confidence in the future will be beamed at a collective consciousness that is little different from the one which chose for its leader an aging actor who jokingly announced the beginning of Armageddon.

Having said all that, I would like to qualify what sounds like

cynicism by adding that the potential value of the ad campaign cannot be denied.

Economics and psychology are linked more closely than ever before. If the collective psyche expects things to get worse, they invariably will. Conversely, if people believe things get better, they will.

It isn't quite that simple, of course, but essentially it's true. Take British Columbia's case. Before the recession hit us on the chin, the economy was red hot. The real estate market was booming, mining was at its peak, the forest sector could hardly keep up with the demand for lumber.

Then the bottom dropped out. Provincial revenues declined sharply, but expenditures kept growing. That's when the Sacred brought in their controversial restraint measures. You may argue that the method was wrong, but only a fool would still say there was no need for restraint.

Unfortunately, there was a nasty side effect to restraint. Because of the drastic nature of the measures and the politically-charged atmosphere in British Columbia, all those who still had jobs, who still earned money, good money, also had the wits scared out of them.

Anyone working for government was suddenly no longer, sure whether he would still have a job next week. And all those working the private sector felt pretty well the same way. The result was that people began to hang onto their money. There developed a strong consumer resistance.

There was no reason — and there's none now — why families with a good income shouldn't buy their own homes. But they don't, despite the fact that houses are 30 per cent cheaper now than they were before the recession hit.

People are reluctant to buy cars, fridges, stoves, new television sets, because they are scared they might lose their jobs. That was the downside of restraint. The drastic measures brought fear and uncertainty to the market place.

That's where, I believe, the value of an advertising campaign comes in. The question is: will the government use our tax dollars to shore up its own image, or will the ad campaign be used to bolster our confidence in the future? The former would be a misuse of public funds, the latter would be acceptable.

You may not like the fact that our psyche can be so easily manipulated, that a slick advertising campaign can make the difference between confidence and the lack of it. I don't like it either, but it's a fact, nevertheless.

'Walkman' damaging to ears?

The high sound levels of portable "Walkman" tape players are often a cause of stress and danger, reports a Quebec study.

People who adjust the volume of their Walkmans at 8 (almost maximum sound level) cannot hear a car horn within four metres, and could damage their hearing, the researchers conclude.

The research team — audiology and orthophony students from the University of Montreal — examined the decibel range of the Sony Walkman. They found its minimum level (70

decibels) about equals the droning of a vacuum cleaner, while its maximum (115 decibels) approximates the screaming of an ambulance's siren.

The students say the majority of Walkman users listen to their music more than two hours a day at a sound level of 100 decibels, with the volume set at a mid-to-maximum level.

Direct consequences of exposure to such noise levels include deterioration of the sensitive cells of the ear. In the short term, the result can be a temporary loss of hearing (which could create a noticeable buzzing

noise in one's ears and the inability to follow a conversation).

Prolonged exposure could lead to permanently impaired hearing, and possible deafness.

Listening at these levels four hours a day for five days a week would be enough to produce deafness among 15 per cent of Walkman users after a year, students claim.

Meanwhile, Walkmans continue to invade factories and offices — breaking up the monotony of work. However, in order to override the loud noise of machines, and to make the sound of music audible, the

sound level of the Walkman has to be more than double the ambient sound level, says Pauline Fortier, audiologist at the Saint-Hyacinthe Community Health Centre.

In many cases, the resulting sound exposure is equivalent to listening to 10 hours of discotheque music a day.

The widespread of Walkmans means more and more people run the risk of overexposure to noise. Fortier advises Walkman users: lower the volume to prevent deafness, and avoid use when travelling to prevent accidents. (Service Hebdo-science)

more letters

Continued from Page A4

bloating cabinet ministers and mandarins alike. To counterweight that repellent tendency and show its sincerity in a tangible way, it must do the following two things immediately:

- Rescind the indexation provisions for parliamentarians' salaries, sessional indemnities and tax-free allowances.

- Reduce the total pay package of senators and MPs by, say, 20 per cent.

T. Demers
Victoria Pro-Responsibility
Society
309-845 Burdett,
Victoria

Crime creates jobs

According to a recent Gallup Poll, Canadians are demanding stiffer penalties for violent crimes, including capital punishment for murder and in some cases for child abuse and rape as well.

At present, most types of crime are on the increase because lenient sentences our judges hand out to criminals are often merely an invitation to commit more violent crimes. Repeat business is important to all enterprises, so why would one put a good criminal customer in prison if he would be out committing other crimes to benefit the justice and

political system? After all, crime does create good jobs for important people.

Obviously, neither the courts, nor the politicians want crime to stop. Politicians encourage it by selling booze, which is involved in most crimes. Our politicians have a great secret love for all criminals because criminals create well-paying jobs for lawyers, doctors, judges, social workers, etc.

Our economy would suffer if it was not for sickness and crime, created by our elected politicians through the advertising and selling of liquor. Booze is the biggest job-creator our politicians have ever known. We, the public, must appreciate why the innocent victims of crime have few, if any, friends in either our political or justice system. These innocent victims should be more broad-minded and realize they are creating jobs, even if for the grave diggers.

You, the reader, can bet your life that neither our courts nor our elected politicians have any intention of stopping crime. But, do not be surprised if you or one of your family are the next victims used to create or maintain a job for someone in high places.

D.D. Cranfield
251 3rd Ave. S.
Saskatoon

Washrooms great for giants?

By Lt. Col. A.E.M.
Copperswathie, Rtd.

Well here we are back in Sidney after last week's excursion to the outer reaches of Brentwood Bay. A wonderful and exciting time it was too. We shall return.

The Colonel, and his faithful sidekick Ms. Worthington-Grey, trotted on down to the Wheelhouse Cafe on beautiful downtown Beacon for a snack and a snoop.

You will recall that we have taken on the sometimes onerous, but never offensive, task of visiting and reporting on the community's restaurant washrooms.

Not much to say about the Wheelhouse washrooms really. They're there. They do the job assigned to them and they don't make a big fuss about it.

Plain and simple and yellow and clean. Them's the bogs at the Wheelhouse.

Someone used the towel rack in the men's to hang bricks on. It's bent almost parallel to the wall. And the towel and TP rolls in the ladies were empty when Ms. W-G was there but these are pretty picky points hardly worth mentioning.

However, there is something that might interest Review readers.

Careful scrutiny of Wheelhouse patrons both on the

day of the inspection and on previous trips taken just for eating, revealed that all diners under 5'6" in height have messy, uncombed hair and the lipstick worn by the shorter female patrons is either non-existent or haphazardly applied.

On the other hand, those above that magic height are immaculately turned out. No hint of the unwashed or ungroomed in these giants.

Why? we wondered.

Was there a low level draft in the place which ruffled those heads below an imaginary line 5'6" above the floor? Did neat short people and messy tall people eat somewhere else?

Neither explanation made sense.

The mystery was solved during our washroom inspections.

The tiny mirrors above the sinks are way up there. Giants who use the facilities and wash their hands can see themselves in the mirrors but the smaller set can only get peeks at their pussies if they teeter on tip toe or jump up and down in front of the sink.

It's bad enough for these midgets to have to put up with short-people jokes all their lives without getting caught trying to be tall in a public washroom. So they don't bother.

Better to be unkempt at the Wheelhouse than not go there at all.

Take your life into your own hands

By Russ Kisby

Where are you, emotionally, stiff upper lip or let it all hang out?

If you're so-called "old school" you likely believe in the propriety of channelling your emotions into one or two "socially" acceptable forms of expression.

You were brought up on "don't's. You believe in the correct and the incorrect, right and wrong, good and bad.

You prefer order to disorder, trust in the past and prize discipline as a means to "constructive" action.

And, you now probably find yourself assailed in all media by the so-called newer schools of thought which encourage you to explore a wider range of emotional possibilities — in the name of your humanity.

"Feel something besides pride and anger," you find yourself reading. "It's okay to feel jealousy, lust and joy," say lettered guests on TV talkshows. "Feelings are natural and good — don't be afraid of them," write the syndicated columnists.

Degenerate?

Permissive guff leading us to the brink of androgyny?

I don't think so.

but then, I don't consider these reams of free advice particularly new, either.

For all their glossy, yuppie appeal, these lax encouragements simply represent a natural regrouping of attitudes — a kind of automatic Malinchean self-correction.

For what does the "new emotionalism" believe?

It believes that the old attitudes of self-denial, appropriate to times of scarcity, become self-defeating in an age of relative abundance.

It believes that such out-of-

date emotions lead to a kind of social anxiety that in turn leads to ill health.

It believes, therefore, that social welfare begins with individual welfare — not vice-versa — and that individuals must, as a result, take matters into their own hands!

"Find your inner energy and remember you are in control of you," it says — reminiscent of Dr. Coue's famous dictum about getting better every day in every way.

I believe you must take your life into your own hands, too.

BUCKLE UP!

Seat belts save lives

JANUARY CLEARANCE SALE

Starts
Jan. 3, 1985



SPECIALS THROUGHOUT THE STORE
WHILE STOCKS LAST

DENBY 40% OFF
TREND PACIFIC
STONEWARE 20% OFF

& Much Much More
SEE OUR SPECIAL TABLE

Winner of our Christmas Draw:
Ellen MacNaughton, Sidney

TABLEWARE TRENDS

• Denby • Mikasa • Villeroy & Boch
• Figgio • Royal Worcester • Nitto

2506 Beacon Ave.

656-7444

We propose
a toast to
every bride
to be!

Fine sterling silver, crystal glasses, and dishes, formal and casual china, diamonds for that special occasion. For the bride we have gifts galore to make her special occasion last a lifetime!

All your favourite things...

When you really love someone

SIDNEY JEWELS

2496 Beacon Ave.

656-9554

FREE FILM!! GRAND OPENING at

SIDNEY 1 HOUR SERVICE PHOTO

JUST BRING IN ANY DISC, 110,
126 & 135 mm FILM TO US FOR PROCESSING &
PRINTING...
We will replace your film absolutely FREE*

YES... WE PROCESS DISC in ONE HOUR

Offer effective Jan. 2 - Jan. 12/85

*While quantities last. We reserve the right to substitute brands of film.

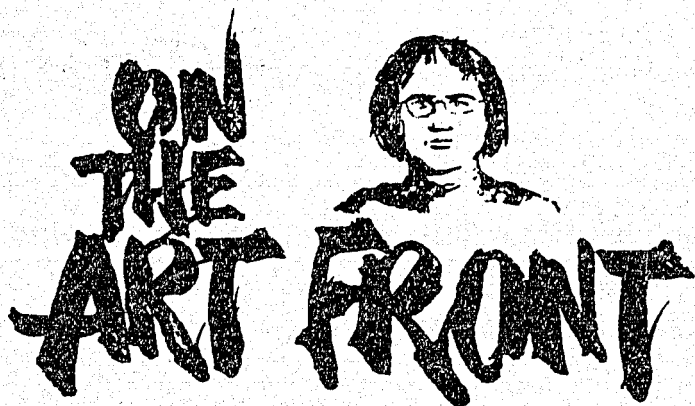
Located at: Mariner's Village Mall
9810 - 7th Street
Across from Tommy Tucker's Restaurant

QUALITY GUARANTEED
656-2831

SIDNEY 1 HOUR SERVICE PHOTO

Across from Tommy Tucker's Restaurant

9810 - 7th Street 656-2831



By Patrick Chu

Cordial Greetings for the New Year

My son, Eric Chu, is a cartoonist and draws humorous pictures for newspapers and magazines. Last September he was my partner in an art show in the McPherson Playhouse and displayed a series of pictures to demonstrate the process of making a cartoon movie.

I am also fond of cartoons. Since I was a child I loved to draw freehand cartoon figures of Walt Disney — such as Mickey Mouse and Donald Duck. Cartooning is usually considered a commercial art but everyone who has seen Disney's Fantasia will surely agree cartooning is more than just commercial art.

The amazing way to interpret a symphony employing color in motion is incredible — the special effects are beyond description. The cartoonist, through his vivid imagination, can tell a story in a humorous way. I am sure that you have seen how a house can be quickly built, how a mean wolf can recuperate from wounds of punishment, and how Popeye can swim (after he eats spinach, of course) in cartoons.

The imagination necessary in a cartoon movie is so critical that the average artist will not succeed. Cartooning is actually an abstract art. The characters are simplified, yet they are never mistaken to be someone else. With such high degree of imagination, cartooning should be reclassified as fine art, provided it is not made entirely for the sake of advertising.

As a matter of fact, artists who paint exclusively pictures of photographic likeness should try to do some cartooning to develop the habit of using imaginations.

Cartoon movies began at the time when a Victorian toy called Zoopractiscope was invented. It was a large rotating drum with slits all the way around. Through these slits, the viewer momentarily sees a picture before passing on to the next slit. A modern movie projector is based on the same principle — a number of pictures are seen for a split second in rapid succession and the eye retains the image long enough for individual pictures to merge into a continuous moving impression.

As early as 1880, artists achieved in projecting a series of drawings before an audience. It is not surprising then, when the cinema came into being, pioneers soon found a way of producing animated cartoon films. In 1908 Emile Cohl produced a delightful, naive little film, using simple white matchstick figures on a black background.

In 1923 Walt Disney became the authority of cartooning art. It was a wonderful venture that developed into a new field of cartoon movies. He interpreted visually various pieces of classical music, including "Night on Bare Mountain", Bach's Toccata, Fugue, and "The Rite of Spring".

Nowadays, the style of cartoon has been influenced by cubists, impressionists, and even action-painters. The cartoon film is better renamed the "animated film" since it has found its way into many different fields. No longer is its sole purpose to entertain people.

Animation does a good job of selling, instructing, publicizing, and explaining complex technical process. It has come into its own as an art form.

Animation has many applications because of its versatility. Virtually anything that the human mind can imagine can be animated dramatically and effectively on the screen.

Diagram animation can be used to explain lessons to trainees of a factory which would be impossible to film in any other way. An annual report can be illustrated in a lively and ingenious way and can be

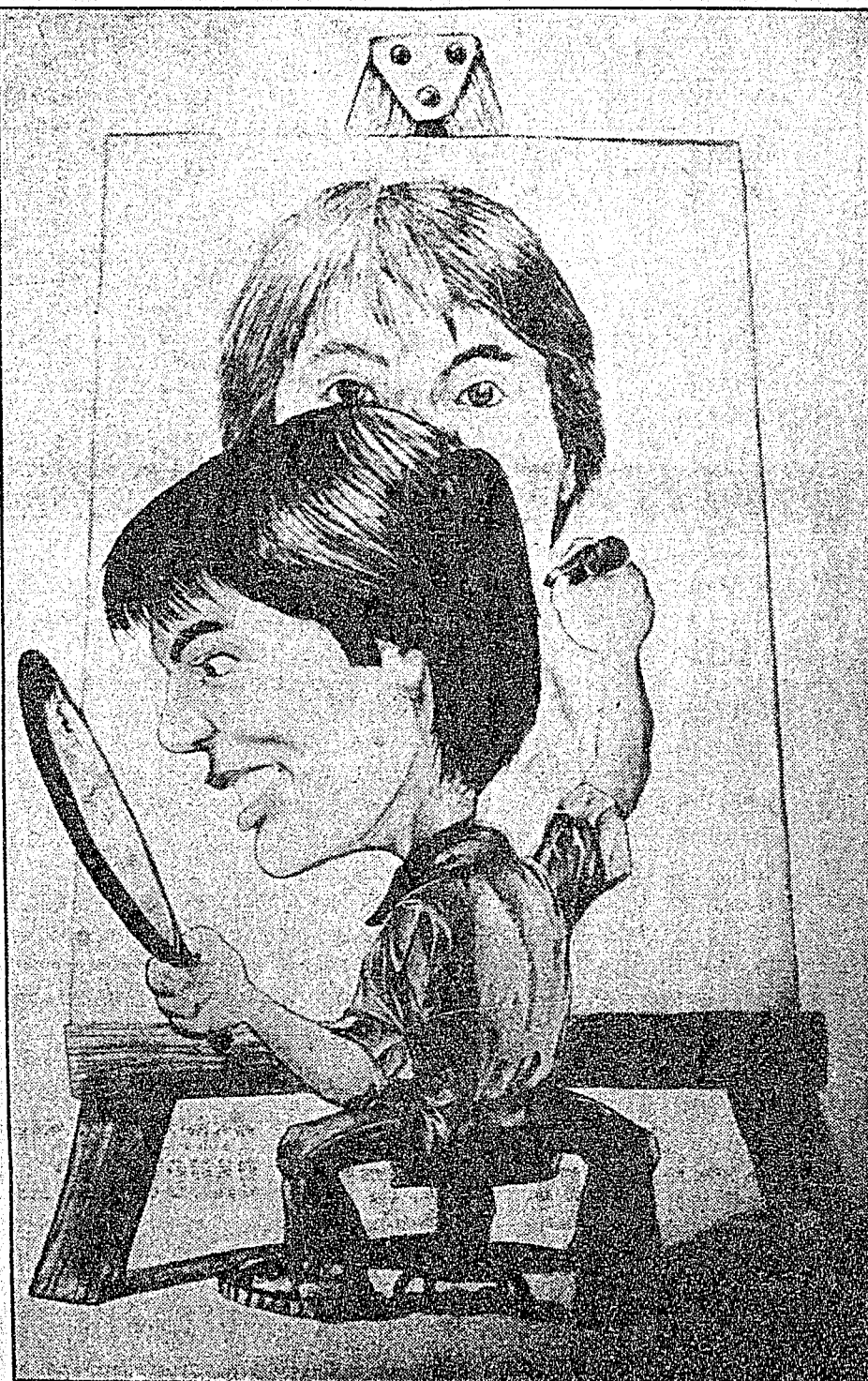


made into an animated prestigious film.

The production of cartoon movies is expensive. It requires sophisticated machines and camera. It is also very time consuming. The speed of a movie projector is about 30 pictures per second, or 108,000 pictures to make an hour-long movie.

Besides the artists, the technician, the camera men, a director and a music composer are also necessary. No wonder a movie cartoon costs a great deal of money.

Eric Chu has now left Emily Carr. He is at the Ontario College of Arts for further study. Beside animation he is also doing book illustration.



Club news

on channel 10

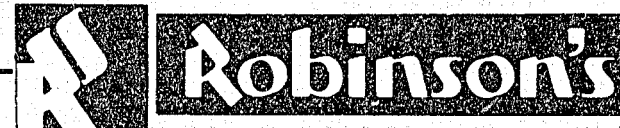
A new show on Saanich Cablevision channel 10 — tentatively called Club News — starts in January. Clubs wishing to be represented on the show should write:

Club News, Channel 10, 3rd St., Sidney, V8L.

Guests will be invited to talk about their club, programs, membership, when meetings are to be held and special events.

Did you Know?
TANNER'S
IS THE
649
HEADQUARTERS

TANNERS
BOOKS & GIFTS



Time can't take these away from you.



Time makes your kids into adults and takes them away to lives of their own. You can't stop time. But you can freeze memories, with beautiful photographic portraits. Many mothers have them made every year so they can remember their children just as they were at a given point in their lives. And the price of those portraits is so reasonable, almost every mother can afford to have them done.

\$14.95 95¢
Total Package/Deposit

2 (8x10's) 3 (5x7's) 15 wallets

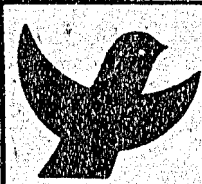
We select the poses. A 95¢ deposit required for each photo package plus \$1.00 sitting fee for each additional subject. Additional portraits can be purchased. Adults, family groups welcome.

\$3.00 OFF WITH COUPON ONLY

Present this coupon to our photographer with 95¢ deposit on your advertised portrait package. One coupon per family. Not valid with any other offer. \$1.00 sitting fee for each additional subject in same portrait. Offer valid on dates and at locations listed.

Photographers Hours
10 a.m. to 1 p.m.
2 p.m. to 5 p.m.

In the Beacon Plaza Mall, Sidney
656-4414



LIVING WITH ARTHRITIS

by Patrick Baker

"Many of the changes we see on x-ray examinations or during arthroscopy," says clinical researcher Dr. Mark Adams, "are regenerative changes . . . the damaged bone and cartilage are repairing themselves. Problems arise because of some reason the repair is not perfect. We want to find out why."

Seventy-five per cent of the hospital costs associated with the management of rheumatic disease are attributable to osteoarthritis. Many people are not hospitalized but are chronically disabled and cannot work when the disease is in an acute stage.

"We know that osteoarthritis is a progressive disease," says Dr. Adams, "but we need to define the rate of progression and find treatments to combat it. At present, osteoarthritis often isn't detected during a routine physical, only when symptoms appear. By that time, the joint is already damaged."

"Once we have a tool for studying and defining the disease on

an ongoing basis, we can design specific therapies to control it. And if we can detect it earlier, we should have a better chance of preventing further damage to the joint."

Traditionally, arthritis has been diagnosed in one of two ways - through various forms of x-ray examination or through arthroscopy. Dr. Adams says the magnetic resonance imager has advantages over both diagnostic methods.

"X-rays show bone well, but less so for such soft tissue as cartilage, ligaments and tendons. The arthroscope lets us examine joints from the inside, but only

after we've inserted a lighted tube into the joint. With the imager, we can see far more detail, without using x-rays and without the slightest discomfort to the patient."

Patrick Baker is National Communications and Public Information Director of The Arthritis Society. Comments may be addressed to him care of this newspaper, or by writing. The Arthritis Society at 250 Bloor Street East, Suite 401, Toronto, Ontario M4W 1E6. Free information about arthritis is available from any office of The Arthritis Society listed in your phone book.



30 Years Experience

Phone: 656-4754

Dorman's Carpet Cleaners

Owner Will Dorman gives personal attention to all orders
9570 Northlawn Terrace, Sidney, B.C.

JUST ME
FREE ESTIMATES

EXTENSION THIS SPRING

Registration begins
January 2
for courses in these
program areas

The Arts
Business and Management
Conferences
Cultural Resource Management
Education for Families and
Teachers
Exploring the Sciences

The Focus is Women
Health Sciences
History, Issues and Ideas
Language Programs
Lifestyles and Learning
Pacific and Oriental
Studies
Seniors' Residential
Program

Extended Registration Hours

Although you can register now, for your convenience, we'll be open until 7:30 p.m. on the following dates: Monday to Wednesday, January 7-9 and 14-16

Pick up our Spring Calendar

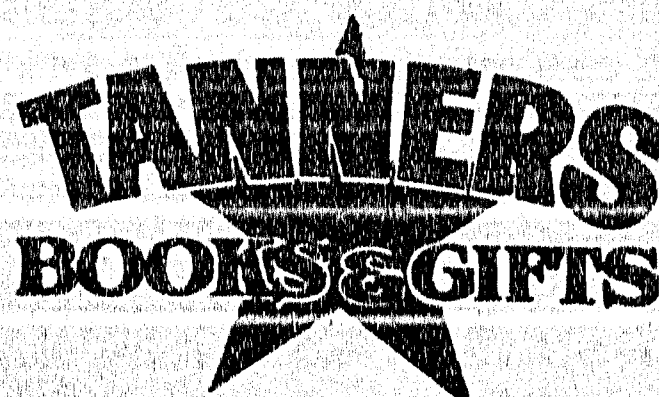
Available at most libraries, recreation centres and bookstores and at the University Extension office. Or call us at 721-8451 and we'll mail it to you.

AT THE UNIVERSITY OF VICTORIA

TANNERS TRADE-IN SALE

**BRING IN YOUR WORN-OUT
1984 CALENDARS
AND RECEIVE
10% OFF
YOUR 1985 CALENDAR
PURCHASE PRICE**

*ONLY AT TANNERS



4th Street at Beacon

656-2345

<h1>Sidney SUPER FOODS</h1> <p>Prices Effective Wednesday, Jan. 2 to Sunday, Jan. 5, 1985</p>		Home of SUPER savings! In Downtown Sidney	
		STORE HOURS: DAILY 8:30 - 6:00 THURS., FRI 8:30 - 9:00 SUNDAY 10:00 - 5:30	
		INVENTORY CLEARANCE SALE	
FRESH VEAL SALE		GREAT MEAT SAVINGS	
BONELESS VEAL CUTLETS \$8 ⁸⁰ kg \$3⁹⁹ lb. VEAL LOIN CHOPS \$7 ²⁵ kg \$3²⁹ lb. VEAL RIB CHOPS \$6 ¹⁵ kg \$2⁷⁹ lb. VEAL SIRLOIN STEAK \$6 ⁵⁹ kg \$2⁹⁹ lb. VEAL SHOULDER CHOPS \$4 ⁸³ kg \$2¹⁹ lb. VEAL STEW \$4 ⁸³ kg \$2¹⁹ lb. VEAL PATTIES \$4 ³⁹ kg \$1⁹⁹		GRADE A BEEF BEEF STEW \$3 ⁹⁵ kg \$1⁷⁹ lb. NEW ZEALAND FROZEN LAMB SHOULDER CHOPS \$3 ²⁸ kg \$1⁴⁹ lb. GAINERS' FROZEN: •PORK CUTLETS 400g..... \$1⁹⁹ pk. •SWEET & SOUR SAUCY RIBS 340g..... \$1⁹⁹ pk. •VEAL CUTLETS 400g..... \$2⁵⁹ pk. •VEAL CUTLETS WITH HAM & CHEESE 375g..... \$2⁹⁹ pk.	
FRESH LEAN GROUND BEEF \$3 ⁹⁵ kg \$1⁷⁹ lb.		FRESH U.S. BROCCOLI \$1 ³⁰ kg 59¢ lb. FRESH LOCAL CARROTS 42¢ kg 19¢ lb. COOKING ONIONS 42¢ kg 19¢ lb. RED DELICIOUS APPLES 73¢ kg 3 \$1⁰⁰ lbs. FRESH BEEF TONGUE \$2 ¹⁸ kg 99¢ lb.	
FLOUR		TOMATO JUICE	
ROGERS ALL PURPOSE 10 kg \$4⁵⁹		LIBBY'S 48 oz. 99¢	
JELLY POWDER		FROZEN FOOD SPECIALS	
JELLO ASSSTD 85g 5/\$1⁰⁰		CARNATION INSTANT SKIM POWDER MILK 1 kg \$4⁷⁹ LITE HOT CHOCOLATE 200g \$2³⁹ ALL CANADIAN POPULAR CIGARETTES CTN. OF 200's \$13³⁹ •COOKIE JAR •PARTY PAK DARE COOKIES 900g GIANT PACK \$2⁷⁹	
QUAKER MUFFIN MIXES ALL 900g \$1⁸⁹ WEST PURE CANOLA OIL 2 litre ctn. \$3¹⁹ KELLOGG'S RAISIN CRISP CEREAL 425g \$1⁹⁸ Y & S LICORICE ALLSORTS 400g \$1⁴⁹ FOOD SAVER SIZE BAGGIES BOX OF 20's 69¢		SWANSON MEAT PIE 69¢ ea. •BEEF •CHICKEN •TURKEY 227g MCCAIN CONCENTRATED ORANGE JUICE 12 oz. \$1¹⁹ WESTVALE MIXED VEGETABLES 2 lbs. \$1⁴⁹ TOTINO 10 INCHES PIZZA \$2⁸⁹ •CHEESE •PEPD. 4 DELUXE	
BRavo TOMATOES 28 oz. 89¢ LANCIA LONG SPAGHETTI 900g \$1²⁹ JONAH TINY OR BROKEN SHRIMPS 120g \$1²⁹ PLUM ROSE PICNIC HAM 45½ g \$3²⁹ PINK FRANK'S CHOCOLATE CREAM BISCUITS 200g 99¢ SUNGIANI'S CALIFORNIA SEEDLESS SNACK RAISINS 13½ oz. 99¢		ARMONA'S MIX & MATCH 14 oz. PEACHES, PEARS, FRUIT COCKTAIL 2/\$1⁴⁹ BRENTWOOD IN TOMATO SAUCE PORK & BEANS 14 oz. 2/\$1²⁹ CAINES DOG MEAL 8 kg bag \$6⁹⁸ ROVER DOG FOOD 25 oz. tall tin 59¢ MISS MEW CAT FOOD ALL C oz. tins 3/89¢	
FAIRHAVEN SARDINES 92g tins 2/99¢ MR. NOODLE INSTANT NOODLES 85g 5/89¢ BETTY CROCKER SUPER MOIST CAKE MIXES ALL 510g \$1¹⁹		SANI-FLUSH AUTO. TOILET BOWL CLEANER 341 mL \$1¹⁹ PACK OF 10 J-CLOTHS \$1⁴⁹ SUNLIGHT LIQUID DETERGENT 1 litre \$1⁸⁷ TIDE POWDERED DETERGENT 12 litre large \$9⁴⁹ TODDLER PAMPER 48's OR PLUS 40's DIAPERS \$9⁹⁸	
TEA BAGS		MARGARINE	
RIDGEWAY GO. \$2¹⁹ M.I.B. INSTANT 10 oz. \$3⁹⁹		FILLICHMANN SOFT CORN OR SUNFLOWER OIL \$2⁵⁹	
PAPER TOWELS		COFFEE	
SCOTT 2 ROLLS \$1⁰⁹		FOR FRIENDLY SERVICE AND EVERYDAY LOW PRICES SHOP 7 DAYS A WEEK AT SIDNEY SUPER FOODS	

People helping people

By Anne C. Johnston
(Board Chairman)

In 1984 the Peninsula Community Association was treated rather more considerably than in 1983. There were no further cut-backs in provincial funding of programs and federal funding of the Peninsula Employment Project was extended to November, 1985, with good prospects beyond.

Foundation grants were down in size but important help was received from Victoria, Vancouver and Winspear Foundations. The United Way continued its support and financial assistance was provided from North Saanich, Sidney Rotary Club, the Peninsula Hospital Employees Union and from many generous and loyal donors throughout the year.

The two PON Shops in Sidney and Brentwood pumped their profits into program support and without that vital inflow at least two programs — Youth Services and the Community Counselling Service — would not have survived in their present highly active condition.

During the year, two new community needs were identified resulting in the establishment of the Community Education Service and Grieving Service. Planning also is underway for a Single Parent Support Group early in 1985.

The following are highlights of program achievements during 1984.

Youth Services (STAG):
- some 130 youngsters made use of the STAG drop-in program at the clubhouse.

- 142 youngsters were placed in odd jobs; e.g. baby sitting, yard work etc.

- 68 youngsters and their families were provided with counselling and/or crisis intervention.

- an average of 25 youngsters per month were involved in weekly gym programs made possible by assistance from School District 63.

- the summer program offered dozens of youngsters camping trips, swimming horseback riding and other outdoor events.

- many worthwhile volunteer and fund raising projects were undertaken by youngsters. The highlight was the *Seafood Buffet* held Dec. 1, which raised \$1,000 for equipment.

Volunteer Services

- more than 250 volunteers involved in PCA programs

- an average of 70 drives per month provided by 20 volunteer drivers.

- frequent telephone calls and personal visits to shut-ins available on request.

- "Volunteer Fair" held to enable peninsula organizations to publicize their need for volunteers.

- 5th annual PCA Christmas Fair held Dec. 1, with record attendance and participation by craftspeople and service groups.

- up-to-date information on services available both on the peninsula and in Victoria provided.

- assisted with Review/Lions Christmas hampers and Food Bank.

- Peninsula Walking Group started to encourage exploration of walking trails.

- Community Education Service provided five single educational sessions as well as a series on Understanding Your Child's Development.

Home Support Services:

- provided three services: Homemaking; Companion/Companion Housekeeper; Emergency Care to Sick Children of Working Parents.

- provided some 29,000 hours of service and support to elderly handicapped and those with short term illness.

- average of 40 homemakers assisted some 222 clients per month which allowed members of community to remain at home as long as possible.

Special Services To Children

- experienced sharp reductions in hours of service during the year but approximately 5,500 hours of service provided to children and families.

- average of eight families per month.

- average of seven child care workers employed.

- social-life skills group program continuing for children six years of age through 16.

- during last two months of year, hours of service showing increase.

Peninsula Old and New Shops:

- average of 65 volunteers per month staffed and supported the two PON Shops.

- PON 2 found a permanent home in Brentwood Shopping Centre

- some 20,000 items of donated household articles and clothing recycled during the year.

- handicapped and elderly continued to have priority for display and sale of craft items under the terms of the New Horizons Grant from the federal government.

- all profits put back into community through vital support of PCA programmes.

Community Counselling Service:

- 12 trained lay counsellors and one professional coordinator provided individual, couples, family and group counselling.

- about 45 clients were served each month

- an average of 140 client hours of counselling were provided each month.

- a significant increase in marriage and relationship counselling.

Peninsula Employment Project:

- over 2,000 have registered with PEP

- 407 were placed in full-time, part-time or temporary positions.

- 314 found various employment on their own.

- 37 placed in job creation projects.

- starting into 1985, 1200 clients still actively seeking employment.

- two counsellors served an average of 120 individuals per month including: career, job search counselling, information on institutional and Canada Employment Centre training.

- six office volunteers register, update, type, code, file and answer questions.

- pilot job club offered intensive two-week job-seeking strategies.

The PCA wishes to thank the many residents and businesses who have assisted in making available the important services provided during the year. Without that kind of help, PCA would fall well short of meeting the needs of the community.

We are people helping people.

Join us.

La Leche welcomes moms

La Leche of Sidney invites expectant and breastfeeding mothers to a meeting 8 p.m. Jan. 2 at 10296 Rathdown Place, Sidney, off Calvin.

Topic — Baby Arrives: The Family and the Breastfed Baby. For more information call 652-2707 or 652-5781. Babies welcome.

Bayside FITNESS CENTRE

A division of Bayside Ventures Inc.

LOSE WEIGHT NOW

INTRODUCING BAYSIDE DIET CENTRE

4 PROGRAMS TO CHOOSE FROM — AN EASY POSITIVE APPROACH TO YOUR WEIGHT LOSS. **INTRODUCTORY SALE — CALL NOW**

656-0222

WE NOW OFFER . . .

MASSAGES and FACIALS BAYSIDE FITNESS CENTRE

LANDMARK BLDG., SIDNEY

!!! REMEMBER OUR SUN BED !!!

NEW LIVING CONCEPT

ADULT
ORIENTED



LOW
MAINTENANCE

DISPLAY HOME CENTRAL SAANICH ESTATES RENTAL PARK

7701 Central Saanich Road

- Fed up with that apartment?
- Your home and yard too much work?
- No time to enjoy life?
- Taxes too high?

COME OUT AND HAVE A LOOK AT A NEW FACTORY BUILT HOME COMMUNITY.

THE NEWEST, MOST MODERN DEVELOPMENT IN B.C.
SEE THE DISPLAY HOMES from 924 sq. ft. to 1344 sq. ft.
Representative on duty Monday thru Saturday 10-5, Sunday 12-5.

BUY RIGHT HOMES (VIC.) LTD.

FOR MORE INFORMATION PHONE 474-2154

Stamp Club

By Les Moore

Now you have decided what country or countries you want to collect you have to decide just WHAT you want to collect. It all depends on what turns on your light bulb or what tickles your teddy bear. Here are a few of the things you can do.

Single stamps used or mint or both but keep them in separate albums. Plate number blocks of four. Some of the sheets of stamps are printed with a description and/or a plate number on each corner and these are called inscription or plate numbers.

You can purchase sets of four blocks — that would be 16 stamps — so you can see collecting these would be very expensive. That isn't such a good idea is it?

You can also collect either pairs horizontal or vertical. You may collect First Day covers. You can buy these at the philatelic counters in the Victoria post office.

On the day a new stamp is issued to the public for use as postage, the post office affix the new stamp on envelopes, cancel them with a pictorial cancellation and sell them to collectors. They are then first day covers. An envelope is the cover.

There are also First Flight Covers. These are when airmail is being flown somewhere for the first time and they are more interesting to me as I have always been in love with aircraft of any kind. I do have a First Flight Cover of the Hindenburg airship that crashed and burned in the U.S.A. many years ago.

You do not hear of many first

flight covers today as airmail has already been flown to nearly everywhere from nearly everywhere.

The new thing is to get First Flight Covers from the flights of the astronauts! I have some of the Russian ones; actually the first eight flights they made and they were personally signed by the astronauts.



If you're

NEW IN TOWN

and don't know
which way to turn,
call the

Welcome Wagon
LTD.

You'll be glad you did.

hostesses at:

4045 Glen Road, Unit 10
Linda Newman (474-2154)
(Sidney & North Saanich)
Marie Gordon (474-2154)
(Hillside & Central Saanich)

Welcome Wagon Associates
Serving 474-2154



START THE NEW YEAR RIGHT!!

WE CAN HELP YOU PLAN YOUR NEW KITCHEN CABINETS



Ask for
Dave or Moe

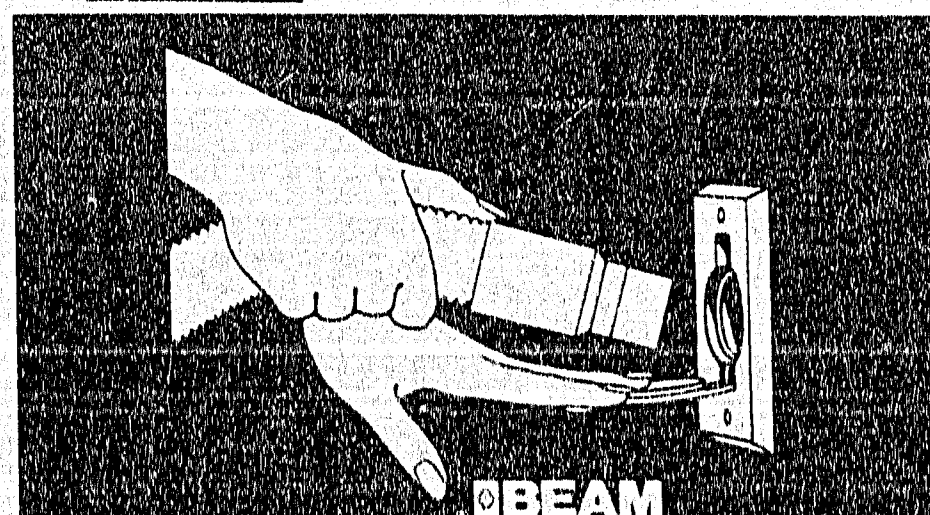


DAVE



MOE

WE CAN SHOW YOU HOW TO PLAN THE INSTALLATION OF A
NEW BEAM BUILT-IN VACUUM CLEANING SYSTEM



BEAM



ARMSTRONG VINYL FLOORS

Armstrong Imperial Series
FFC Solarian

Created to complement either the fashionable home with its sophisticated decor or the contemporary home with an informal style. Easy to care for—shines without waxing far longer than vinyl no-wax floors.

Only at your
Floor Fashion Center

Available in a great selection of patterns and colours only at a very special store—your Armstrong Floor Fashion Center store.

SELF STORAGE FACILITY LTD.

STORAGE UNITS ARE IN CENTRAL SAANICH

Heated & Unheated, Various Sizes
FENCED STORAGE YARD
Motor Homes, Boats, Cars, etc.

On-Site Security
652-4491

AFTER HOURS
& WEEKENDS **652-0849 or 656-1495**

*Mention this ad & receive \$5.00 off 1st month's rent or 1 month FREE with 12 month lease.

Pay in advance for 12 months, get 2 months FREE.



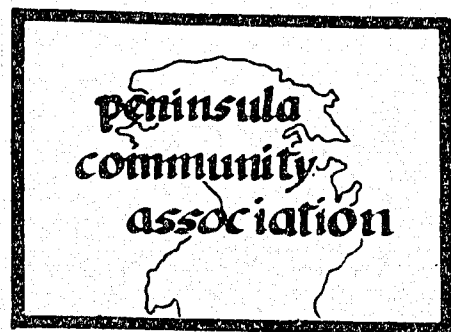
Butler Brothers

2046 KEATING X ROAD
652-1121

Charge it at Butler Brothers



"Serving the
Peninsula for over 50 years."



By Marjorie Denroche
From all of us at the Peninsula Community Association, a very Happy New Year! Thank you for supporting us in so many endeavours during the past year and we look forward to your continued support during 1985.

A year-end review elsewhere in the paper gives a full account of the many and varied services provided by the association, as well as an accurate idea of the large number of volunteers involved in the provision of these services. To all volunteers, a hearty vote of thanks. You keep PCA functioning for the benefit of those in the community who need a helping hand. A call to 656-0134 is your link to any of the services provided by PCA or other appropriate agencies.

A special vote of thanks at this time to Marlene Halliday, who coordinated the Christmas Depot. She and a small army of wonderful, caring volunteers (individuals and members of organizations such as the Lions and Kiwanis) made the depot run smoothly.

It was a gigantic effort and thanks to them, and to the unprecedented community support, it WORKED! Well done, each and every one of you!

A new year brings forth new ideas and across the desk came information on Prime 55 Festival and the Best Years! There must be a considerable number of us over 50 and such titles make this sound like the great time of life it can be.

Anyway, for those of us in the prime, and for others who want to be prepared, watch out for "The Best Years," a CBC Television show for British Columbians which starts on CBC 2 on Jan. 16 at 7 p.m.

Judy Piercy and Joyce Resin, along with world traveller/broadcaster Alex Burden, and leading financial planner, Gordon Stenner, will make this a great 10-week series. For those of us who find that everything worthwhile takes place Wednesday evenings, the Best years will be repeated Saturdays at 4:30 p.m. Imagine, a special series for British Columbians. Surely this is a first - at least for 1985!

Prime 55 Festival for 1985 is getting into high gear. Volunteers are urgently needed in January, for everything from staffing the Prime 55 office to being involved in a Radio Jingle Contest! Call 381-6223 if you have time to volunteer and become part of a team of vibrant people in the prime of life! The festival office is at 841 Fairfield Road, Victoria, which can be reached by conveniently by bus.

Grant for Sidney seniors

A Sidney seniors group will receive a \$6,350 federal New Horizons program grant to expand its program of activities.

Rest Haven Lodge Residents Council will expand activities for residents of the intermediate care facility to include pool, shuffleboard, ceramics, rock polishing, sewing, socializing and the video recording of all these activities.

Grace Courie, 241-2281 Mills Road is the group's president.

New Horizons is a program of the Department of national health and welfare, Minister Jake Epp, which funds projects by groups of seniors enabling them to remain active and involved in their community. The office of the field representative is located at 508-1230 Government St. Victoria, V8W 2P1. Telephone 388-3625.

Singers wanted

The Peninsula Singers meet most Tuesdays 7:30 - 9:30 p.m. in the Royal Canadian Legion Hall on Mills Rd. Visitors and new members welcome, both men and women. If you enjoy singing join the group. Call first for information at 656-5301.

Some mental illnesses spur violent behaviour

For most people who are mentally ill, being placed in an institution is a result of not being able to function on one's own in society. It is a place where they can be given intensive help so that they may one day return to society.

But for about 60 British Columbians, there is a more compelling reason than mental illness alone for institutionalizing them. They have committed a crime, often violent, often resulting in death to another individual.

Their mental illness is the subject of a special field of psychiatry - forensic psychiatry. Their lives will be deeply affected by the activities of a branch of the ministry of health - the forensic psychiatric services section of community care services.

It is responsible for operating the Forensic Psychiatric Institute, a 121-bed security mental hospital for treating those who have been found unfit to stand trial by reason of insanity and those who have been found not guilty by reason of insanity.

The institute also assesses adults charged with offences who have been remanded for the purpose of determining if they are mentally fit to stand trial. It's the place where Clifford Olson was sent for assessment before he stood trial.

It is also the address where Bruce Blackman was sent - the young man who killed six members of his family in the Lower Mainland and was later found not guilty by reason of insanity.

Dr. Derek Eaves, executive director of forensic psychiatric services for the ministry, says professionals in this field "see themselves as specialists within mental health dealing with the most mentally ill persons."

All of them are psychotic, Eaves says, and most are schizophrenics and manic depressives. While many might be inclined to simply "write these people off" as not ever being able to re-enter society again, it is a generally accepted view that their "violent behavior arises from mental illness," Eaves says.

And, in fact, most do re-enter society as contributing members, often living in sheltered situations such as group homes. The average length of stay at the institute is about four years. "Most of them, when properly treated, present no problem at all for society," Eaves says.

Treatment follows the same patterns as at other mental institutions, with the difference that it is in a secure setting and there is a heavier emphasis on rehabilitation, because patients are there for a much longer period. The institute operates a 35-acre market garden and the produce goes to the public institutions and markets, Eaves says.

There are about 60 residents at the Coquitlam facility, and about another 60 who are living in the community under the careful supervision of ministry staff. Mentally ill female offenders used to be treated at Riverview but were moved to the institute about six years ago, Eaves says.

The change has been good for the institution, he adds, helping to encourage good manners and politeness on the part of the male population.

The section also provides assessment and consultation in communities such as Prince George and Kamloops, for the benefit of Corrections Branch, Crown counsel and probation workers and their clients in those communities. The travelling clinics visit the communities about two days per month.

It was not so long ago that mentally-disturbed adolescents who were in conflict with the law were normally sent out-of-province for treatment, says Eaves, a process that was costly and stressful for families and patients.

In the past number of years, however, the Maples Adolescent Treatment Centre in Burnaby has been revitalized and a 25-bed secure facility has been added to deal with the most severe cases. In addition, there is an improved network of service involving a variety of agencies, says Eaves, and these days, there are no adolescents who must leave the province for treatment.

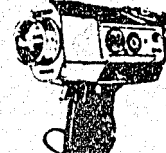
Close to the Maples, a new 13-bed assessment unit is being established for adolescents as part of a wider series of changes necessitated by the new federal Young Offenders Act which came into effect this year.

The whole thrust of the new act is to place more responsibility on the shoulders of youth for criminal acts and in much the same way as the adult assessment system works, the youth assessment unit evaluates the mental fitness of accused youth, and offers advice to the courts on those who present a danger to themselves or to others.

Year-End Clearance SALE

AT
ARCHER-WEISNER

VIDEO
CAMERA
RENTALS

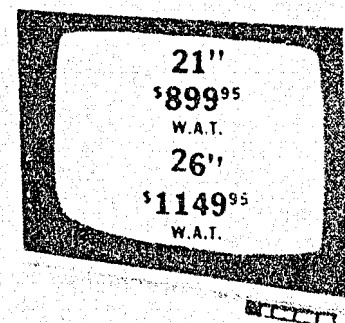


CAPTURE THOSE SPECIAL FAMILY EVENTS FOREVER!

HITACHI

COLOUR MONITOR T.V.

HITACHI

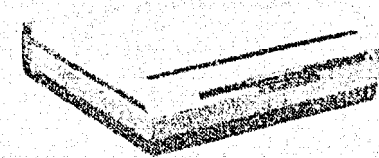


21" \$899⁹⁵ W.A.T.
26" \$1149⁹⁵ W.A.T.

Superb definition & colour accuracy.

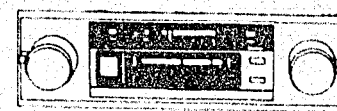
Twin speakers — Stereo capability.

- 129 channel/17 function remote control
- RGB input for home computers
- Audio & Video input/output jacks



\$599⁰⁰

DA-800 DIGITAL COMPACT DISC PLAYER



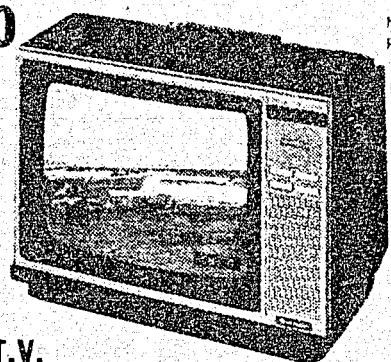
CAR STEREO CLEAR-OUT

\$79⁹⁵ and up

CT1940/1920

\$469⁰⁰

CASH & CARRY



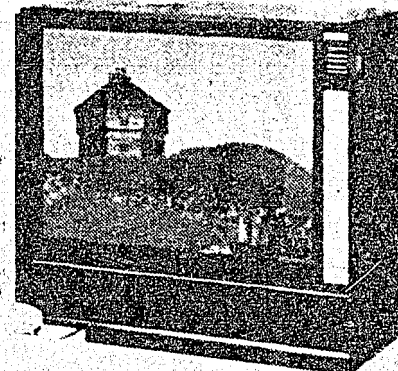
20" COLOUR T.V.

- Luminar colour commander portable for the most accurate colour
- Automatic frequency control
- Walnut grain finish
- Mechanical timer

\$206 /mo. NO DOWN PAYMENT D.A.C. Based on 36 mos.

CT-4536 45" HighLuminance Wide Angle Projection T.V.

\$3999⁰⁰ W.A.T.



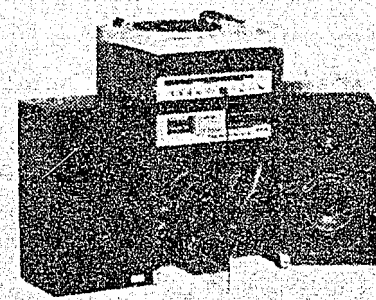
Open the doors to this stunning oak finish cabinet and discover a whole new dimension in colour television viewing.

210 WATTS/CHANNEL

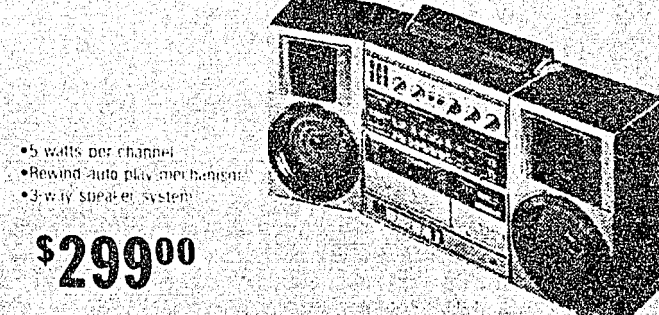
\$399⁹⁵

SR1900 STEREO SYSTEM

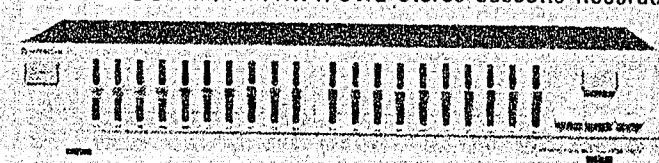
- AM/FM STEREO RECEIVER
- 20 watts/channel
- Vector tuning
- HSP400 SPEAKERS
- Semi automatic
- Low mass tone arm
- Anti-skate
- 5/8" Radio 70 db



- HT-1 BELT DRIVE TURN-TABLE
- Serial automatic
- Low mass tone arm
- LAC 2002 CABINET
- Walnut finish with silver trim
- Glass door



TRK 9100 AM/FM/AW1/SW2 Stereo Cassette Recorder



HGE-1100 10 Band Graphic Equalizer

OPTIONAL DE-1 TAPE DECK

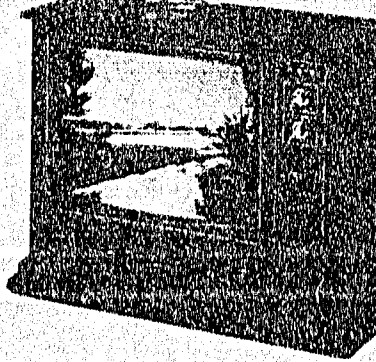
\$159⁹⁵

\$199⁰⁰

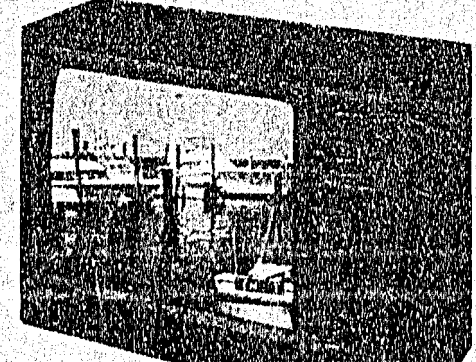
HITACHI

26" CONSOLES

MANUAL TS-1128 \$699.95
or \$29.99 a month
ELECTRONIC TUNER TS2212 \$749.95
or \$31.99 a month



HITACHI



MT2474 - 20" REMOTE etc. \$649⁹⁵ CASH & CARRY

NEW RELEASES

POLICE ACADEMY NEVER ENDING STORY DREAMSCAPE CUBA

THE LAST STARFIGHTER THE NATURAL

ELECTROHOME 48C B14 20" COLOUR MONITOR/T.V.

• Remote Control • Cable Ready • Superb Picture ONLY \$699⁹⁵ W.A.T.



TAPE SPECIALS

T-120 VHS 3/\$37⁹⁰
T-120 VHS 3/\$45⁹⁵ HiFi
DL90 Audio 3/\$5⁹⁹
NA90 Audio 3/\$8⁹⁹
EX60 Audio 3/\$11⁹⁹

NOW OPEN SUNDAYS 12 noon to 5 pm

RENTAL VCR + 2 MOVIES \$6.95/DAY
Buy a \$20.00 MUNCH CARD AND GET A MOVIE ANY DAY OF THE WEEK \$2.00 per Movie

USED COLOUR T.V.'S ... PRICES SLASHED ON CONSOLES

ARCHER-WEISNER

VIDEO - TV - STEREO

Serving Sidney and the Peninsula

2447 BEACON AVE., SIDNEY

656-5114



COMING SOON to **SIDNEY'S ALL NEW MARINER'S VILLAGE MALL**

New Business Phone Listings

MR. BUSINESSMAN:

If your BUSINESSMAN Number is now or has been recently changed, please call us and we'll run it free of charge for a period of three months.

This service limited to the Review's Trading area.

Company Name	Phone Number
All Home Garden Care	656-1663, 656-8983
Al's Appliances	656-2325
Brentwood Bay 1 Hr. Photo & Custom Photography	652-1412
Burnside Vacuum Rebuilders	656-3351
Buy & Save Furnishings	656-7612
Peninsula Pic-A-Pop	652-0311
Robin Curtis General Contractor	652-1346
Ron's Disposal	652-6242
Sidney Auto-Mart Ltd.	656-4533
Sidney 1 Hour Photo	656-2031
Signal Yachts Ltd.	656-1721

Courtesy The Review

Those rat scholars smart

On your first day of rat trapping you catch nine of the rats in your back yard.

On the second day the catch drops to six and on the third day there are but four rats in your traps.

Statistically it appears that you are catching a third of the remaining rat population each day, providing an initial population estimate of 27, so things look pretty good for you and pretty bad for the rats.

Unfortunately, at least from your point of view, there are problems with the method used to estimate the total rat population.

For example, there is evidence that rats learn from the mishaps of their fellows.

Perhaps, according to Simon Fraser statistician Richard Routledge, you are actually catching stupid rats — the scholars amongst the rodent population having figured out the traps.

That would mean that in the first place there were 27 stupid rats plus an unknown number of smart ones.

The statistical method used in the attempt to infer the total rat population — called the removal method — has its inherent problems.

There are other methods that can be called into play, but each has its own problems.

Routledge, working on the second year of a three-year \$45,000 Natural Sciences and Engineering Research Council grant, is attempting to reconcile a number of different statistical analysis methods to provide better estimates of wildlife populations.

In the case of rats, he says, the population's droppings offer a second method of statistical analysis that provides population estimates independent of the trapping results.

If the two methods could be reconciled, Routledge believes, a far more accurate estimate of the rat population could be obtained.

Another application could involve fish populations in small streams, Routledge says. Wildlife control officers attempting to estimate fish populations may encounter the same problem as vector control officers working on rat populations.

"Some species of fish evidence smaller probability of being caught than other species," Routledge says.

Therefore, a smaller catch by fishermen might provide an inaccurate reflection of the actual population.

"Salmon managers use a variation of the removal method, in which the success rate of fishermen is used as an index of the fish population."

Foutledge says present efforts by wildlife population generally involves the collection of one type of data and the use of one statistical method.

He cites a lengthy study of Canada geese in an area east of the Mackenzie River which used data collected by banding the birds over a period of years.

"They (the experimenters) tried to use, in isolation, information obtained from banding to estimate the population size, death rates and so forth. They were not particularly successful, and it was felt they were ignoring a lot of data from other sources" such as low aerial reconnaissance and surveys of nesting sites.

The remaining problem would be to relate the different methods to provide a final figure.

In forest management the use of statistics helps determine probabilities of forest fires or insect infestations in an effort to decide how much forest management is indicated.

"You don't want to spend more money controlling these problems than you will get from the stand of timber," he notes.

Pets are good for us

For many reasons, man has always depended on animals for food, clothing, transportation and sports. Sometimes, society functions as though it could survive without any animals at all. We have synthetic clothing, mechanical transportation and even some artificial foods.

Yet we depend on animals for much more than just food.

Our industrialized society has lost touch with animals to some extent when compared to the relationship that exists between animals and people in less complicated societies. Now researchers are finding that animals are beneficial to our health because they are good company.

Studies have shown a strong human/animal bond is important for any healthy community. Carefully chosen animals are good for children and provide the vital company necessary for people living alone.

People really consider their pets as part of the family or as a good friend. The Ontario Veterinary Association has found, in a 1983 Study on the Social and Economic Impact of Pets, that almost all people talk to their pets, most people see their pets as people not animals, many believe pets are sensitive to their feelings and 28 per cent of pet owners confide in their animals.

In fact, pets play a significant role in four out of five Ontario households.

Statistics show that most pet owners are healthier and happier than people who live without animals.

It is been proven that a person's blood pressure drops or remains the same when talking to a pet, being with a pet or contemplating fish. Blood pressure rises when people talk to each other.

Pets give their owners a feeling of security and a sense of being needed. They offer companionship, an excuse for exercise and an opportunity for people to forget their troubles. A study done at the University of Pennsylvania reported people suffering from heart disease lived longer if they were pet owners.

Pets can also act as therapists for people with emotional problems. Psychotics find pets uncritical and undemanding. Animals help these people start caring more for themselves again as they begin to care more for the animal.

Researchers have also found that children with learning disabilities can be drawn out of themselves by playing with cats, dogs or even dolphins.

Pets are even turning into valets for quadraplegics. Studies at the Albert Einstein College of Medicine in New York showed that certain monkeys could be trained to do just about any task for a paralysed person - from setting the table to changing the record on the stereo.

More than anything else, pets offer companionship. Veterinary students in Canada and the United States have set up programs called "People and Pets", and humane societies have similar programs.

Students, volunteers and animals visit elderly people in nursing and retirement homes. The elderly find the animals easy to talk to and the pets actually revive memories for them of pets they used to have, or names of forgotten people and events.

All in all, pets and animals keep us in shape, physically and mentally. We can offer them the same courtesy in return by our continuing concern for the health and welfare of our "creature" friends.

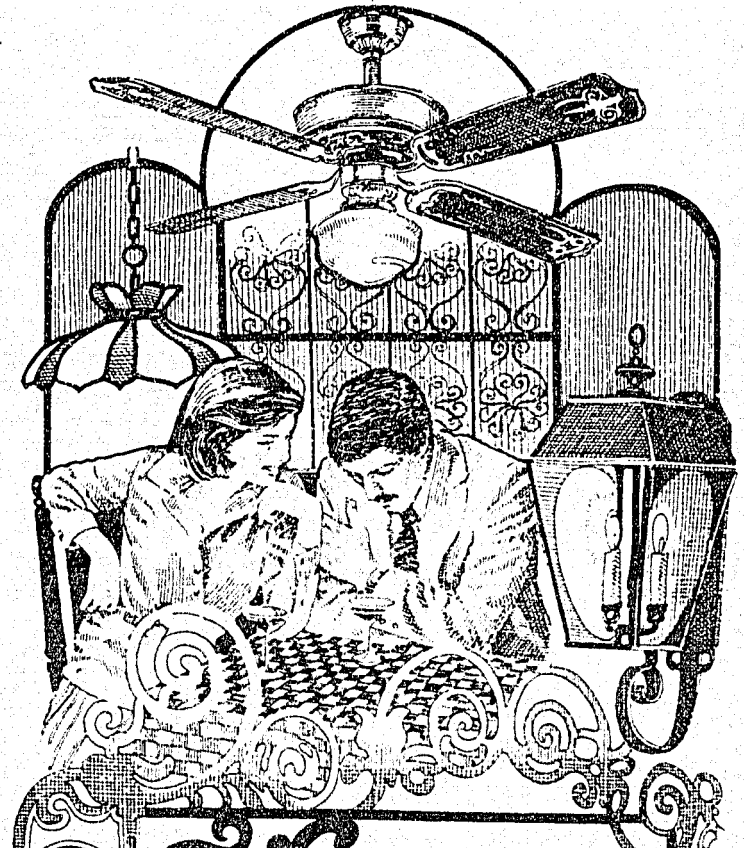
THE CORPORATION OF THE
DISTRICT OF CENTRAL SAANICH

PUBLIC NOTICE

1985 Dog Licences

By-Law No. 745 — Animal Control:—
— Provided that a licence fee is not paid on or before the last day of January in each licence year, a charge of \$5.00 will be assessed in addition to the regular licence fee.

G. L. WHEELER
Clerk / Administrator




Peninsula
DINING
GUIDE

Bayshore

FAMILY
RESTAURANT

OPEN DAILY 11 AM for
Fine Canadian & Chinese Food
DINE IN OR TAKE OUT
812 Verdier Ave., Brentwood Bay
652-3622

THE PATRICIA
RESTAURANT

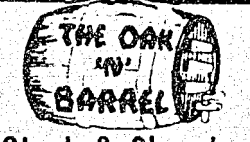
IN THE  TRAVE LODGE

NOW FEATURING:
BAKED IN OUR OVENS
FRESH DAILY
•PIES •COOKIES •MUFFINS
•BUTTERHORN •FRENCH PASTRIES
JUST ONE MORE REASON
TO DINE AT THE TRAVE LODGE
656-1176
Nightly Specials

PEACOCK
RESTAURANT

Specializing in
Chinese & Canadian Food

OPEN: Mon. to Thurs. 4:30-10:00
FRI. & SAT. 4:30 to 12:30
SUN. 4 to 8:30 p.m.
Delivery with minimum order
2493 Beacon Ave. 656-3944

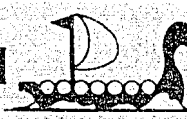


Steak & Chowder
House
On The Water Brentwood Bay
Try Our Fantastic
40 item salad bar
Breakfast, Lunch & Dinner Daily
Sunday Brunch 11:30-1:30
7172 Brentwood Drive
Phone 652-2413 or 652-9515

MR. MIKE'S

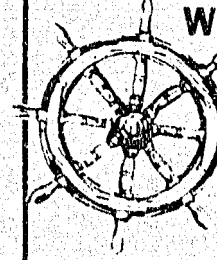
FAMOUS CHARBROILED
STEAKS

NOW OPEN 8 AM
FOR BREAKFAST
IN THE BEACON PLAZA MALL
2321 Beacon Ave. Sidney
656-4822

ODYSSIA 

STEAK, PIZZA & SPAGHETTI HOUSE

PASTA NIGHT
Every Monday Night
ONLY \$3.95
TAKE OUTS 656-5596 - 7
5th & Beacon Sidney




WHEELHOUSE
CAFE

Our Specialty:
FISH & CHIPS
WITH A
DIFFERENCE
Mon.-Thurs. 8 am-7 pm
Fri.-Sat. 8 am-8 pm
2470 Beacon Ave., Sidney
Licence 656-4944


SEA
BREEZE
CAFE

SPECIALIZING IN:
FISH & CHIPS
BREAKFAST LUNCH DINNER
OPEN DAILY 8:00 AM - 7:30 PM
CLOSED SUNDAYS & HOLIDAYS
Complete
"TAKE-OUT" SERVICE
656-1621
9776-4th St., Sidney
BEHIND THE FOOD STORE



Scandia
Restaurant

for FAMILY DINING
at FAMILY PRICES
Mon. to Fri. 9 am-9 pm
Sat. 9 am-10 pm Sun. 9 am-9 pm
656-4115
2359 Beacon Ave.



DINE OUT
TONIGHT!
AT ONE OF THESE FINE
RESTAURANTS — YOU'LL ENJOY IT!

VIDEOSCAN ANNOUNCES
THEIR ALL NEW STORE
NOW OPEN

OPENING WEEK SPECIALS

ONLY \$5.95
VIDEO RECORDER
PLUS 2 MOVIES

•ONE YEAR
MEMBERSHIP
SPECIAL... \$15.95

99¢
BETA OR VHS
TAPE RENTALS

•BLANK TAPES
•VHS •BETA
SPECIAL PRICES

•VIDEO ACCESSORIES ON SALE

BIGGER TO SERVE YOU BETTER

Still located in the Landmark Building
only 2 doors up from our old location.

BOOKING YOUR
SELECTIONS TODAY.....656-1215

The Buzz from Stelly's

By Bob Janus

As Christmas approached we at Stelly's were affected by the joys of the season. The last week of school before Christmas came to a close with a staff pageant, who put on a hilarious group of skits Friday as their gift to students.

Along with this joy came sadness expressed by students on the news of one of Stelly's great P.E. teachers leaving, Mr. Mason left Friday on an exchange to Australia. Have a great trip and come back soon! We'll all miss his friendship and of course, his big moustache!

The Christmas dance on Dec. 13 was fabulous with great music and fine decorations. Much appreciation goes out to the grads and others who put it together.

Debbie McGuire and Brenda Ears play in the junior girls' curling, play down early next month. Good luck!

Weekend movies will be starting again Saturdays at Stelly's Jan. 12. Admission is \$1.50. Drop off the kids and spend a day catching up after the holidays!

Well, it was evident to all as the week moved on, that Christmas is a time of year to be enjoyed. Decorations were showing up all over the school including paintings on the windows. Candygrams were sent around to special people by their friends. Who could forget the giant snowball fight Thursday at lunch?!

And of course the grade 12's singing in the halls at break. Stelly's students would like to extend to all the season's greetings and a Happy New Year!

Claremont Clarion

By Alex de Medeiros and Aaron Hasson

Even been in an accident and needed to know your legal rights? Claremont offers a course in law that will help you understand those rights.

In Claremont, Law 11 is a very popular course. There are currently two courses of law being taught (one each semester). This year, Law 11 is being taught by Mr. Spensley, replacing Mr. Bengie who is on a one-year leave of absence writing a law text for an Ontario publishing firm.

The general objective of the course is to develop skills in law such as:

- Critical ability
- Reasoning ability
- The basic skills which include essay writing
- The development of legal vocabulary.

Law 11 takes an in-depth look at many aspects of law-related areas. These areas deal with a respect for law and constitutional authority. It demonstrates an understanding of the function of law and the civil rights legislation. For example: civil rights, employment, human rights, discrimination.

In the classroom, students identify the roles of the participants in the judicial system. These participants include the plaintiff, defendant, prosecutor, judge, jury, court officer, citizen, legal counsel, accused and the police.

Some areas taught in the classroom are the Criminal Code, Tenant and Landlord Act, Juvenile and Young Offenders Act, Contracts, Wills and Inheritance and Tort Law. The students must show an awareness of criminal and civil proceedings and show an acquaintance with the basic organization and functions of the courts.

Students currently taking Law 11 course feel it is a very useful and informative course.

On Dec 21 the Student Council was pleased to present a number of large boxes of food, some hand-knitted mittens, cuddly toys and a cheque for \$500 to the Mustard Seed Church for distribution to the needy.

Before you
send it, seal it.
THE FLUMI ASSOCIATION

A New Year's resolution I frequently hear relates to thrift. Due to the dire state of most people's finances there seems to be an increased interest in "saving". No doubt those who did save during the "good times" are considerably better off now.

There is a significant difference between those with good intentions and those who are successful savers. The "savers" tend to follow the three laws of thrift.

"A part of all you earn is yours to keep" is the first law. In other words you do not have to spend all your income. You do not have to buy or rent the most expensive home you can afford etc. Spending 100 per cent of your income is not necessary in most cases. As a general rule of thumb saving 10 per cent is considered reasonable in planning

Money Matters

By Stuart Travis

for the future and enjoying the present.

"Pay yourself first", the second law is critical. Saving what's left over at the end of the month generally does not work. Thrift, to be successful for most people, requires an amount be put aside on a monthly basis with top priority just like for food, rent or mortgage payments. Your savings must be considered important and a priority.

The federal government, in most cases, is smart enough to get income tax before you receive a penny. Can you imagine what it

would get if it waited until taxes were due? No doubt a small fraction of what the feds now collect.

The last law of thrift is "start". Procrastination destroys good intentions. Without action nothing has changed.

Down the road another danger exists as people tend to save only for the short term. The average savings account in Canada lasts only 18 months. There is evidence to suggest the thrift habit is ingrained only after about two years of systematic saving.

In summary, successful thrift requires a systematic and longterm approach. A high priority and action are necessary.

(Stuart Travis is a North Saanich resident and financial consultant with Principal Consultants Ltd. (ie. Principal Trust))

Old age pensioners fight issues

By Ernie Edwards

The Sidney branch of the B.C. Old Age Pensioners' Association will hold its first meeting of the New year 1:30 p.m. Jan. 3 at 10030 Resthaven Dr. in the Senior Citizens' Activity Centre. Edith Smith, acting secretary, and Doris Bosher will be on hand to enroll memberships for 1985 with the dues still being \$3. We also need to know your birthday, so please be prepared.

It is hoped that you, the members, will have some new ideas for the meetings, have some plans for trips, and take an active part in all of our organization's activities. This year we should meet a Premier Island Regional meeting preferably in Early May; we should also consider a resolu-

tions for the 1985 convention to be held June in Courtenay.

The B.C.O.A.P.O. — through your resolutions — makes briefs to the three levels of government, federal, provincial and municipal. In the past we had resolutions against the closure of the vehicle testing stations, privatization of government campsites, increases in both hydro and telephone rates and many more.

If you believe in fighting these issues we welcome your membership in the Sidney branch of the organization.

We are in need of a secretary because Mrs. Gladys McDicken fell and broke her hip and will be hospitalized for some time. This position needs filling immediately

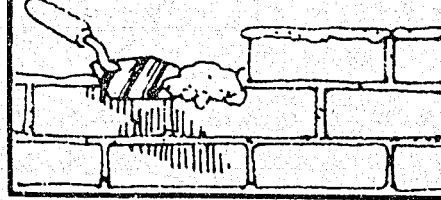
and if you like to meet people, have fun and wish to be of service to others please phone 656-3554.

GERRY PETERS MASONRY LTD.

- BRICK •BLOCK
- STONEWORK
- CONCRETE

Commercial & Residential
652-2251
8093 Alec Road

"Serving the Peninsula for over 20 years"



Dr. S. McTaggart

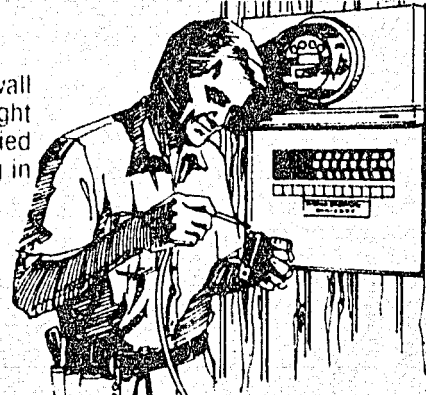
is pleased to announce the opening of a Veterinary Office in Deep Cove

on Cromar Road between Wain and Downey

CONSULTATIONS BY APPOINTMENT
656-9911

NEED AN ELECTRICIAN?

To replace a faulty switch, add another wall plug, connect an appliance or add another light in one of the rooms or basement. Qualified journeymen Electrician. Licensed and living in your area can provide an efficient service.



NO JOB TOO SMALL
FREE ESTIMATES ON ELECTRIC HEATING
A RE-WIRE OR NEW CONSTRUCTION

JIM LeMARQUAND 652-4501

Bayside FITNESS CENTRE

A division of Bayside Ventures Inc.

STILL TIME!!

TO TAKE ADVANTAGE OF OUR CHRISTMAS SPECIAL
BUY ONE MEMBERSHIP & GET THE 2nd ONE AT

1/2 PRICE

COME ON... GET STARTED ON THOSE NEW YEAR'S RESOLUTIONS. MAKE 1985 YOUR HEALTHIEST YET! Offer expires soon.

LANDMARK BLDG.
SIDNEY

656-0222

Autoplan

THE PLAN FOR ALL SEASONS

HIGHLIGHTS OF CHANGES

Effective January 1, 1985

1 RATES

An average increase of 2%.

The effect of the annual adjustment of premiums to reflect the actual claim costs of each rate class and rate group, means an increase of \$25 or less for more than one million vehicle owners, and a reduction of up to \$100 for more than a half million. Another 16,000 vehicle owners will pay increases ranging from \$26 to \$50, and for a few the increases will range up to \$100 or more.

2 THIRD PARTY LIABILITY

The compulsory minimum limit for Third Party Legal Liability Insurance is increased to \$200,000. This change assures more adequate compensation

for those with claims against motorists who purchase only the minimum coverage.

If legally liable, and if no extended limit has been purchased, the insured would be responsible for payment of any claims in excess of \$200,000.

Maximum coverage for bodily injury or death resulting from an accident caused by an uninsured or unidentified motorist has also been increased to \$200,000.

3 "NO FAULT" ACCIDENT BENEFITS

Payments for total disability of employed persons are increased by 15% to \$115 weekly.

4 OWN DAMAGE FOR "X" PLATES

With some exceptions, the owners of vehicles licenced with an "X" plate may now purchase Own Damage coverage with their Owner's Certificate. Liability coverage provided under the plate policy will now extend while the vehicle is being driven on private property. However, owners are still required to purchase a separate liability policy to cover the vehicle while it is in use at the site of any operation.

5 "REPLICAR", "UBILT", ETC.

Premiums for such vehicles as Replicars, Ubilts, etc., previously determined by rate group, are now determined according to the declared value as stated by the owner at the time of purchase of insurance.

6 SPECIAL EQUIPMENT

Canopies, campers and two-way radios require a Special Equipment Endorsement in all cases, even when they are supplied by the manufacturer.

7 TERRITORY "Z" RATING

Vehicles expected to be operated outside of the province for the majority of miles travelled during the term of the policy (example — motorhomes) must be rated under Territory Z, which is equivalent to Territory A premiums.

8 MOTORCYCLES

Motorcycles in excess of 750cc, which were formerly restricted to All Perils coverage, may now purchase the full range of optional coverages available to other motorcycles.

1985 AUTOPLAN MOTORIST KIT

AVAILABLE FROM
AUTOPLAN AGENTS



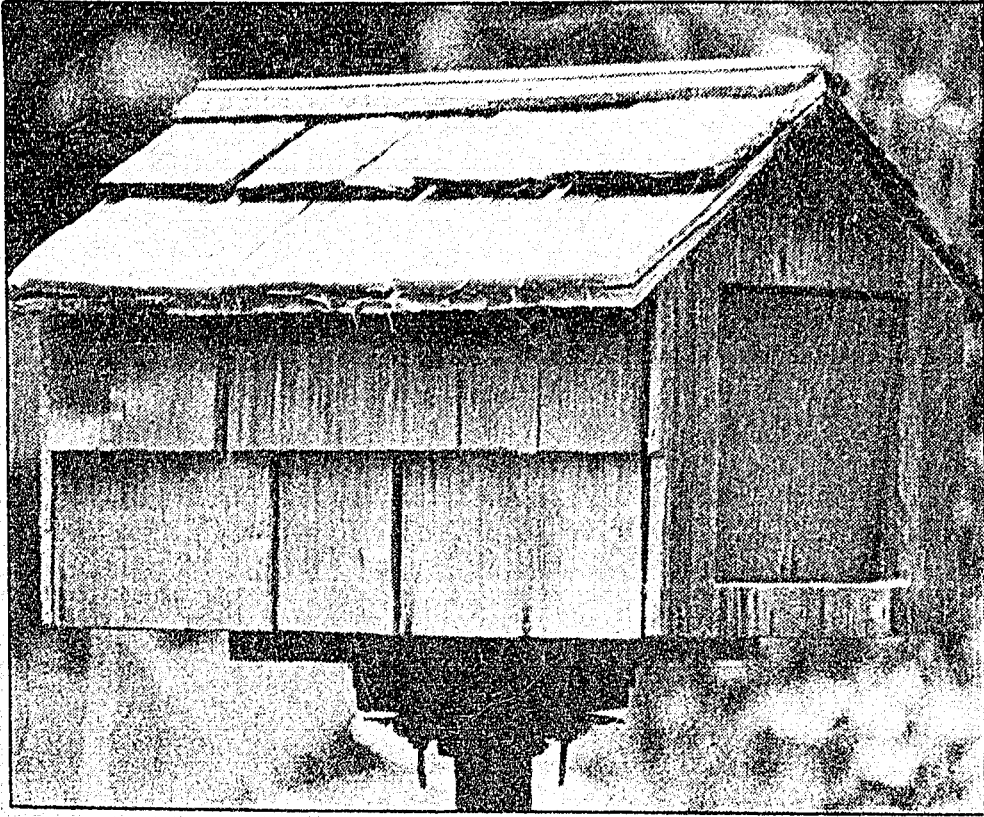
Autoplan 1985 Motorist Kit

All Autoplan coverages, compulsory and optional, are described more fully in the 1985 Autoplan Motorist Kit. It's available from any Autoplan agent or Motor Licence Office.

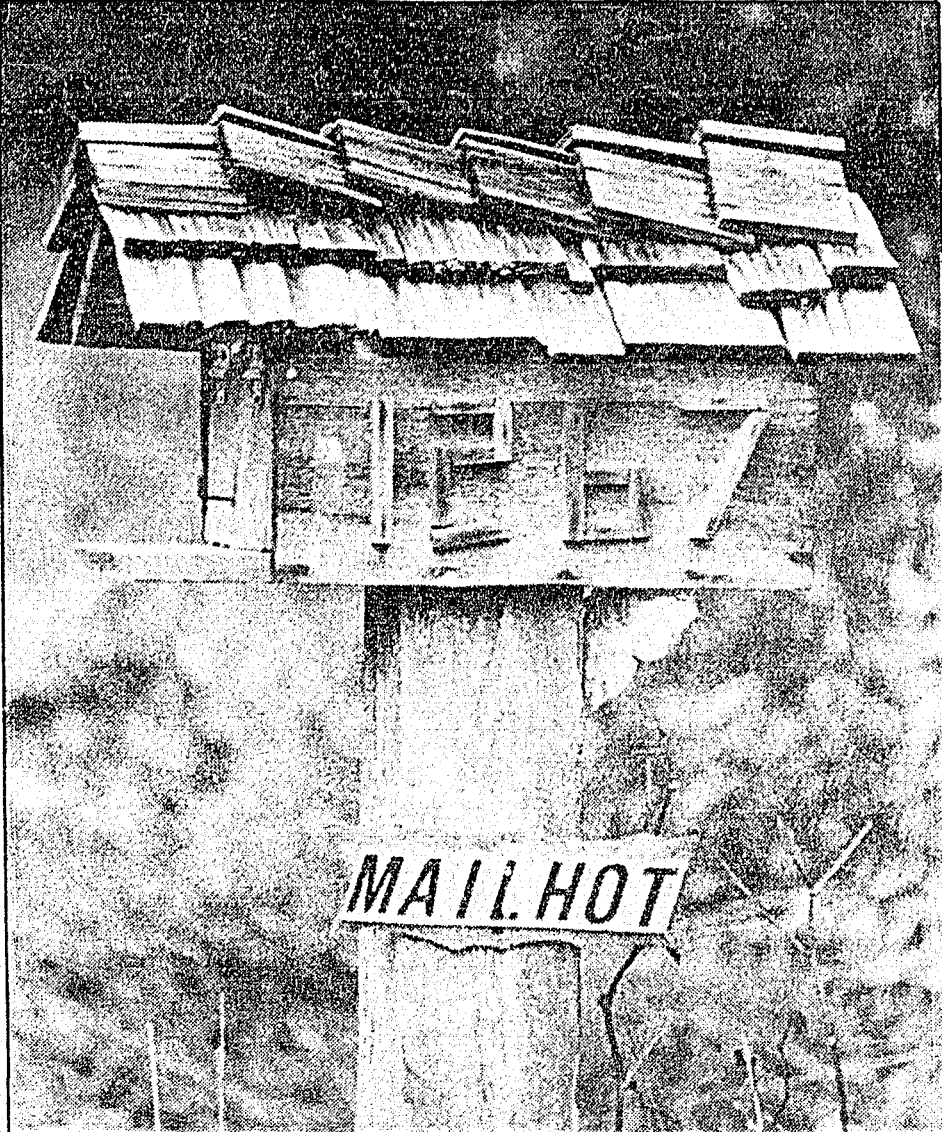
Ensuring a Safer B.C.

INSURANCE CORPORATION OF BRITISH COLUMBIA

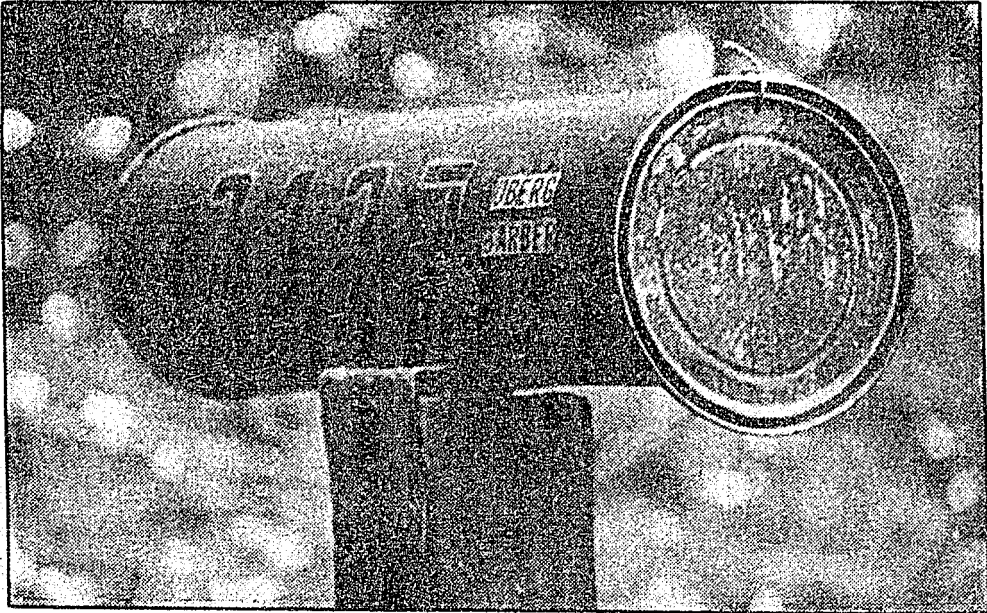
and individual mailboxes



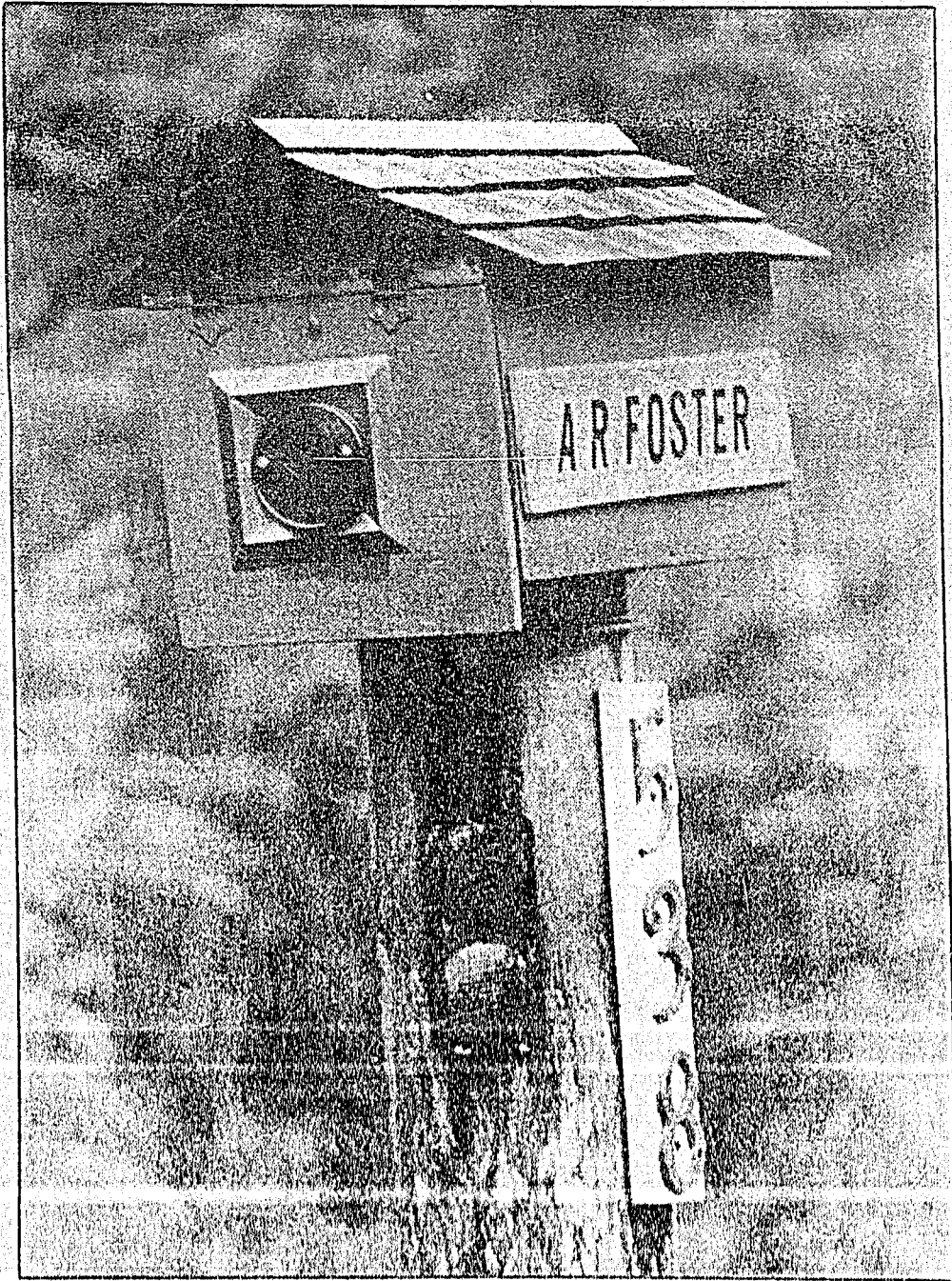
The 'shingles' look. Well, it's important to keep the rain out, isn't it.



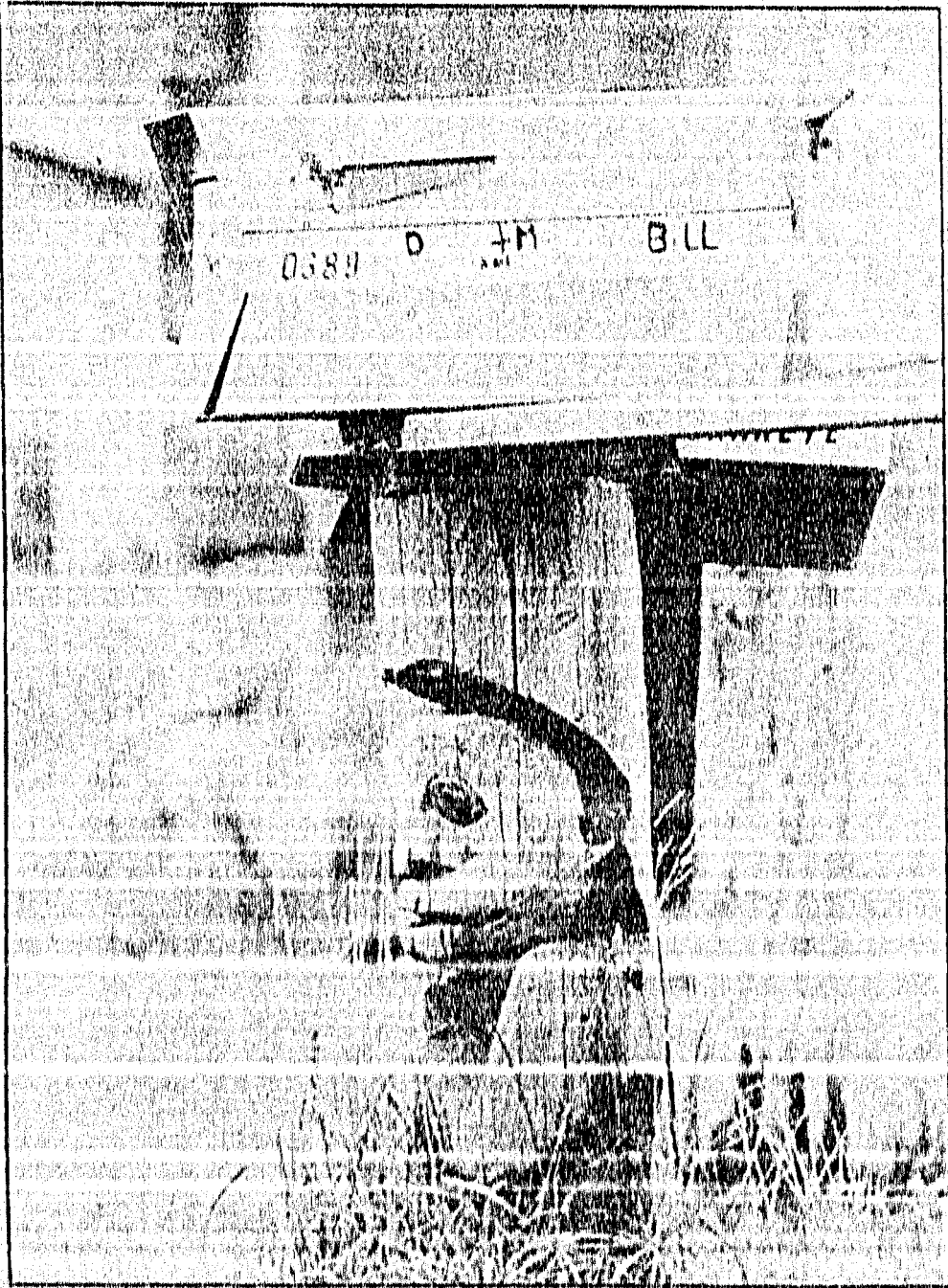
The 'ornate' shingles look.



What's this?
Tin Can Alley?



The 'good neighbor' letterbox. Reflectors signal passing motorists.



The totem. 'We stand on guard for thee'

Window Shade Shop
2646 QUADRA STREET - VICTORIA
384-4895
DISCOUNT PRICES
MINI-VENETIAN VERTICAL VENETIANS 384-4895 LEVELOR WOVEN WOODS

Willie's
Your Professional
BARBER & HAIR-STYLIST
"Experienced in conventional and Modern Hairstyling"
OPEN TUES. - SAT. 8:30 AM - 5:30 PM
MARINA COURT - 2nd STREET 656-4443

MACISAAC CLARK
LAWYERS
INJURY CLAIMS
FEE BY PERCENTAGE
320 - 560 JOHNSON ST.
VICTORIA, B.C. V8W 2R9
PHONE NO. 381-5353
NO CHARGE FOR FIRST VISIT

PLAY & WIN

terrific
TV BINGO

Every Saturday Morning
at 10:30 AM
on  **chek tv** CHANNEL 6

*** WIN \$1,000⁰⁰ for 2 lines any way!**

*** WIN \$1,000⁰⁰ for Black Out!**

* IN THE EVENT OF MORE THAN ONE WINNER, PRIZE MONEY WILL BE DIVIDED EQUALLY

3 cards for \$2.00
AVAILABLE AT PARTICIPATING LOTTERY
TICKET SALES OUTLETS.

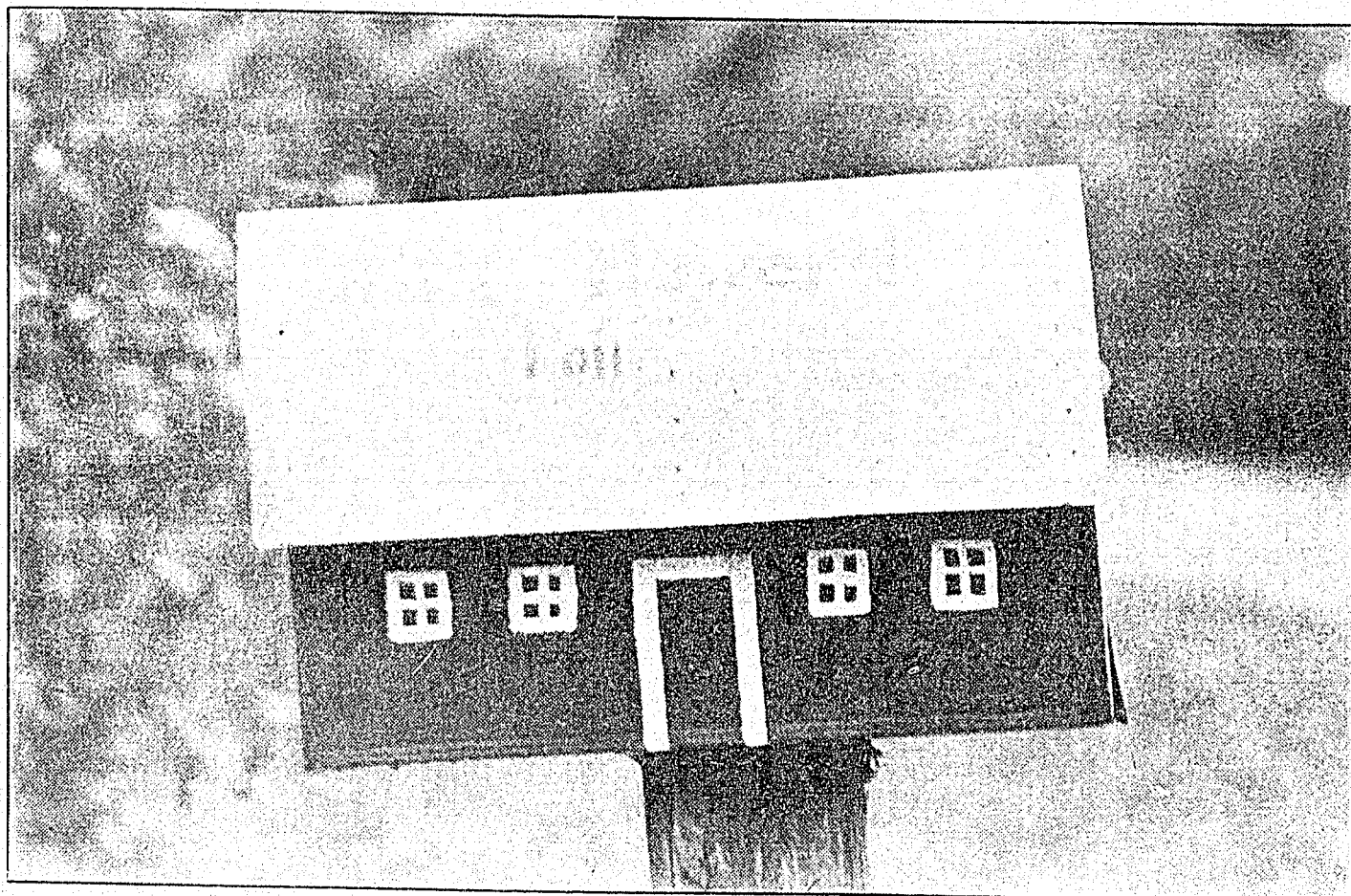
STARTS SAT. JAN. 5

Benefits
VICTORIA & VANCOUVER ISLAND
Tourism

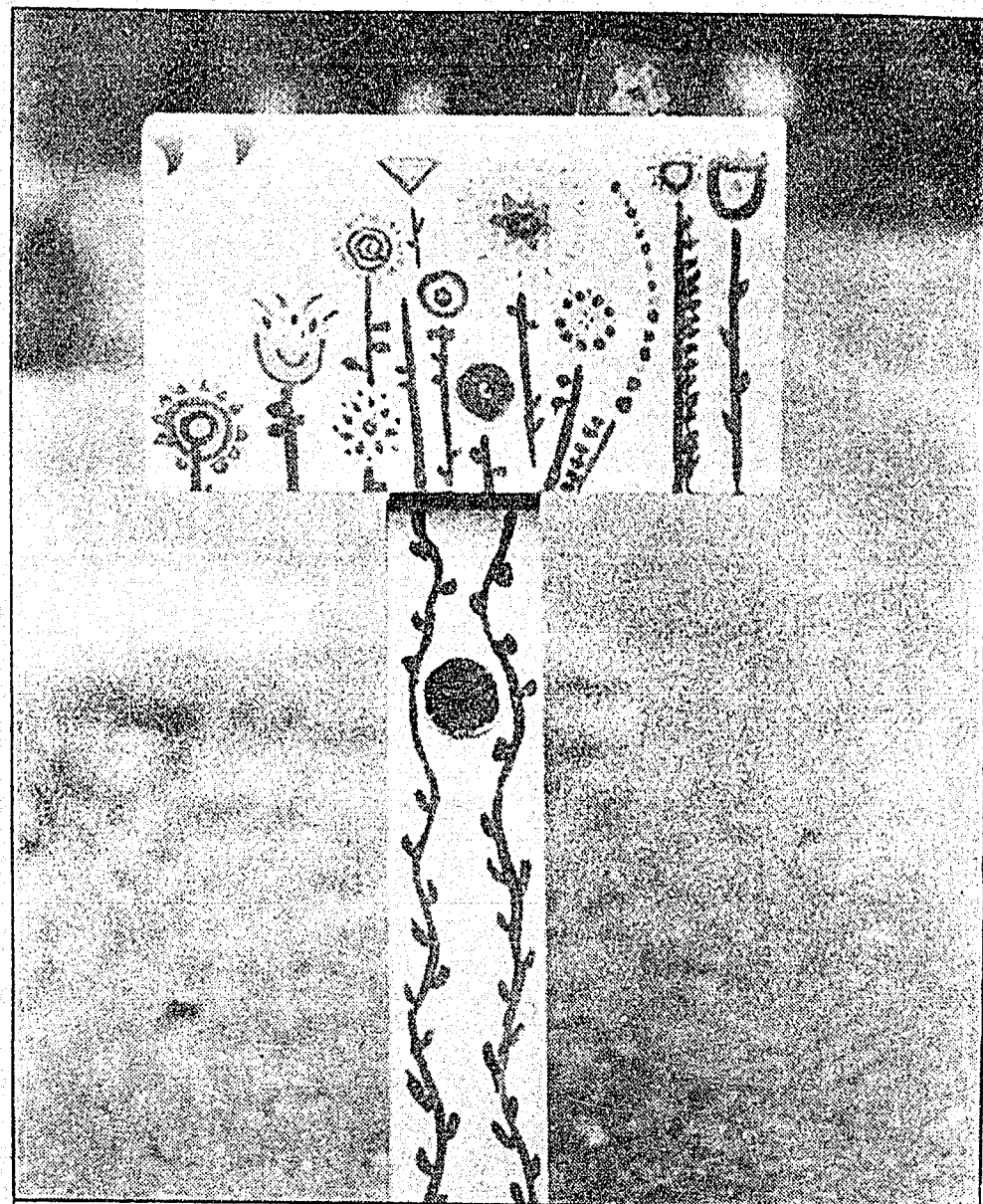
PRESENTED BY THE GREATER VICTORIA VISITORS & CONVENTION BUREAU.

A lighthearted look at some pleasing

A postman's lot is a pretty routine one. But not for posties who encountered these eye-catching letterboxes, spotted around the peninsula by roving Review photographer Murray Sharratt. Variety is the spice of life, as the saying goes. So we let our imaginations rove a little, too. Here's what we came up with . . .



The 'doll's house.' Is there a cabbage patch nearby?



The 'green thumb' letterbox - for those who live close to nature.

COMMUNITY CALENDAR

The Sidney group of the Save The Children Fund meet, 2 p.m., St. Andrew's Church Hall, 4th St., second and fourth Wednesday each month. New members or visitors welcome.

Discovery Toastmistress Club meets second and fourth Thursdays, 8 p.m. Shady Creek United Church Hall. Visitors welcome.

Sidney Stroke Club meets second and fourth Wednesday each month, 11 a.m. to 2 p.m., Margaret Vaughan Birch Hall. Information 656-2101.

You can help. The Salvation Army needs clothing, household articles, appliances and furniture for its rehabilitation program. For pickup 386-6304.

Can we help you? Call the Community Counselling Centre, 24-hour answering service 656-1247.

Women's Support Group. A discussion group for women dealing with their current needs. Newcomers welcome Thursday afternoons 1 p.m., Community Counselling Service, 9788-2th St. Information 656-1247.

Central Saanich senior citizens have moved to 1229 Clark Rd. 652-4611. Activities' calendar available. Open 10 a.m. to 4 p.m. weekdays, 1-4 p.m. Sundays.

Saanich and the Islands Ladies (SAILIS) for Social Credit meet monthly on Wednesdays. Information 656-6232.

The Mount Newton Day Care Centre for the elderly offers a program of health maintenance and social activities designed to assist seniors remain in their own or family homes. A small fee covers a hot meal and transportation. Information 652-4432, or the Sidney Health Unit 656-1188.

Seniors (60 or more) New to Sidney? Don't know anyone? The Silver Threads Centre offers classes, activities and a warm welcome. Drop in to 10030 Resthaven Dr., 656-5557.

International Folk Dancing every Tuesday 8-10 p.m., no partners needed. First nighters welcome. Brentwood elementary school, corner of Wallace Dr. and West Saanich Rd. Information 652-1331, 652-4444.

St. John Ambulance has courses in first aid. Information 388-5505.

Central Saanich Seniors cash bingo every Wednesday afternoon and evening in their centre next to Brentwood library. Doors open 1 p.m., early bird 1:30 p.m., regular games 2 p.m. Evenings doors open 6 p.m. early bird 7 p.m., regular games 7:30 p.m.

Speak French and want to keep conversational skills? Toastmasters En Français meets Thursday evenings 7:30-9:30 p.m. Information 598-3729, 598-1316.

All ages welcome to table tennis at Brentwood elementary school, 7:30-9:30 p.m. Mondays. Information 652-4580, 652-1531.

Is overeating creating problems in your life? Overeaters Anonymous can help. No dues, no weighing. 652-9931.

Sidney Teen Activity Group (STAG), 2304 Oakville St., is open to Peninsula youth aged 13-18. Clubhouse hours 7-9:30 p.m. Tuesday, Wednesday, Thursday and 7-11 p.m. Saturdays.

STAG floor hockey, Sidney elementary school gym, every Monday 7-9 p.m.

STAG also offers pool, football and ping-pong, and other special events and community projects. All activities are free and no registration is required. Parent and teen inquiries welcome. Information PCA office 656-0134, or pick up a program at 9788-2nd St.

Ability Personnel Association, a project created to promote employment opportunities for men and women over 45 years, will assist people in finding job opportunities, working with them to determine their skills and capabilities and helping them to present themselves in saleable terms. Information 385-5000.

La Leche League of Sidney and the Saanich Peninsula, a non-profit organization, helps encourage good mothering through breastfeeding. The Sidney group meets the first Wednesday each month; the Saanich Peninsula group meets the first Thursday each month. Nursing babies are welcome. Information 652-2707, 652-5781, 658-5753.

Ladies Field Hockey — Hotel Sidney's "Hobbits" team season runs September to March. Beginners and oldtimers welcome. Information 652-5973.

The Saanich Peninsula Arts and Crafts Society has changed its art exhibition at the library on Resthaven Drive. A member of SPAC will be on hand Tuesdays and Thursdays, 10 a.m. to 2 p.m., to handle sales and enquiries.

Pregnant and wondering what the future holds for you? Sidney Community Health Service offices of the Capital Regional District can help. Join other couples in a comfortable atmosphere of learning through films, slides, discussions and exercises. Register now, 656-1188.

Sidney Twirlers and Drum Corps lessons at Sidney elementary school, 6 p.m., Thursdays. Information 656-6098.

The Saanich Peninsula Toastmasters Club meets 7:30 p.m. Tuesdays, Central Saanich municipal hall.

Alcoholics Anonymous — 10 groups meet every week on the Saanich Peninsula. Information or help 383-0415.

Sidney TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m. Information 656-4506, 5-6 p.m.

International folk dancing, Brentwood elementary school, Tuesdays, 8-9:30 p.m. Information 652-1331.

Deep Cove New Parent Discussion Group (a non-profit organization for parents of children under 4 years) needs volunteer adult babysitters. Call Karin 479-0344 or Cathy 652-9925.

676 Kittyhawk Squadron of Royal Canadian Air Cadets meets Thursdays 6:30-8:30 p.m., Canora Rd. Boys and girls 13-18. Information 656-4423.

Ladies Interested in bowling in Sidney Tuesday morning or afternoon. Call 656-2918, 656-4980.

Volunteers needed to visit elderly residents at Tillicum Lodge, mornings or afternoons, for an hour. Volunteer could come with a view to friendly conversation, writing letters, playing cards, etc. Information from Volunteer Services, 479-7101.

and guests. Information 652-1326.

Victoria Business and Professional Women's Club Jan. 16, 1985, meeting will be held at the Imperial Inn, "BPWC" - What is it? Guest night. Assemble 6 p.m. For information call 598-7452 or 592-3718.

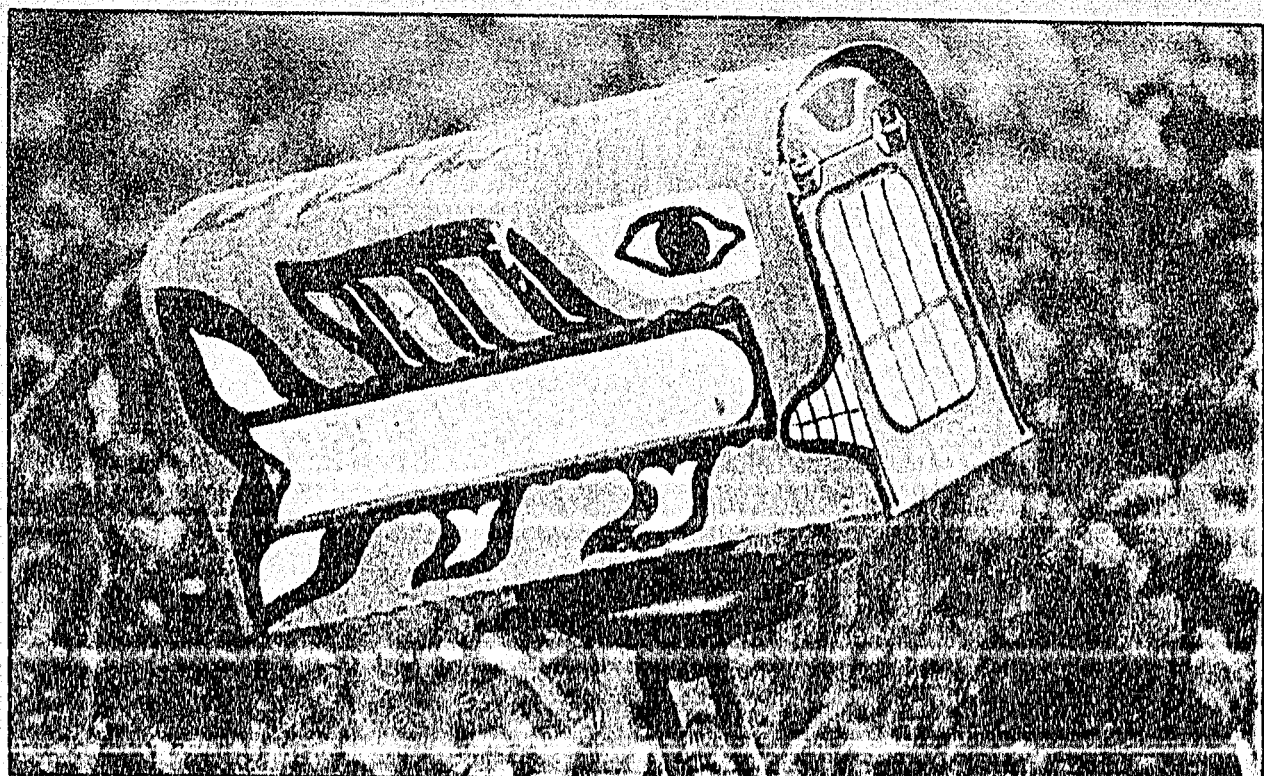
Saanich Peninsula Arts and Crafts Society exhibition of

paintings Dec. 3 to Jan. 4, McPherson Theatre lobby, weekdays 10 a.m. to 4 p.m. Info 656-7670.

Coming events items must be submitted before 5 p.m. Friday to be published in the next issue of The Review. All items may run for a maximum of two insertions. Non-profit organizations only please. Information 656-1151.



Looks like 'Jaws' - but still less dangerous than the neighborhood Doberman, we'll bet.



This must be 'Jaws II'. Just look at those teeth.



The plumber's delight. Or is this just a pipedream?

Coming Events

Saanich Pioneer Society's top cabin museum on the Saanichton Fair Grounds now open every week, Monday to Wednesday, 1-4 p.m.

Public Welcome Church of Creation each Sunday starting Dec. 16, 3277 Douglas St., Victoria, 11-12 noon. Spiritual demonstration of natural psychic talents at all Services. Rev. Doreen and Jim Humble

the Classifieds !

S.Q.S. LTD.
The Complete Home and
Office Cleaning Service
★ WINDOWS ★ GUITERS
★ CARPETS
Insured & Bonded
656-3317

62 MUSIC

MUSIC INSTRUCTION
Popular & Classical
Piano, Organ, Guitar, Accordion,
Voice & Theory.
Highly trained Instructors
Competitive Rates

LANN COPELAND
MUSIC CENTRE
7174 WEST SAANICH RD.
BRENTWOOD BAY
Call Now 652-4512

PIANO, Accordion and Guitar lessons in your home in the Sidney area. 20 yrs. experience. Phone 656-6657.

65 PAINTING

GORDON UREN
Painting & Decorating
Wallcoverings
FREE ESTIMATES
656-4397

SADLER'S
PAINTING & DECORATING LTD.
Interior-Exterior
Wallcoverings
Spraying
Residential
Commercial
Offices
656-5646

TWAMLEY PAINTING
EXTERIOR INTERIOR
652-2176
Spraying Wall Papering
Renovations
25 Years Experience
Free Estimates

PRIVATE LESSONS by Patrick Chu. Thursday morning on watercolor. Oriental painting classes will soon commence. 656-1730.

70 PLUMBING & HEATING

BERT MORREY
PLUMBING & HEATING
Licensed Plumber
New Construction and Repairs
Specializing in Hot Water Heating
10410 All Bay Rd., Sidney
Phone 656-1580

Vans Heating Ltd.
Your Independent Service Contractor
P.O. Box 2550
SIDNEY, B.C. V8L 4B9
656-4241

72 REFRIGERATION & AIR CONDITIONING

SUPERIOR REFRIGERATION
Repairs to All Makes
& Models of
Fridges & Freezers
Phone
656-3226

85 SMALL ENGINE SERVICE

GRANTS SMALL MOTORS
Repairs to Lawnmowers
Chainsaws
• Husqvarna • Pioneer
• Shindaiwa • Jacobsen • Partner
OPEN MON TO SAT
10134 McDonald Park Road
656-7714

AMES REPAIRS & RENTALS
7115 West Saanich Rd.
Sidney B.C. V8L 4B9
• SMALL ENGINE REPAIR
SHINDAIWA CHAINSAWS & TRIMMERS
FRONTIER CHAIN SAWS
PARTS, ACCESSORIES & TOOLS
652-2512

the REVIEW
PHONE 656-1151

88 TREE SERVICES

HERBERT BROTHERS TREE SERVICE
SERVING THE PENINSULA
QUALIFIED STAFF • FREE ESTIMATES
• Topping and Felling Dangerous Trees
• Pruning Mature Trees, Fruit Trees, Ornamentals and Hedges
• Selective Lot Clearing
CERTIFIED SPRAYERS
Inspect Trees Before Winter Storms
Fully Insured, Reasonable Rates
656-0570

100 AUTOMOTIVE

1974 CHEV. crew cab. runs well. New radiator, new mufflers good interior, dual tanks, wired for trailers. A great work horse. Try your offer on \$899.99 474-9993 after 5 p.m.

74 AUSTIN MARINA mags. cheap economical transportation - limited windows. \$500 firm. 656-6261.

15" TIRE CHAINS for pickup \$25.00. Phone 656-4737.

120 MISCELLANEOUS FOR SALE

TEC WORLD
COMPUTERS • SIDNEY
K.B. PRO • OLIVETTI • CORONA
I.B.S. • COMMODORE • SONTOS
106-2506 BURNABY
SIDNEY, B.C. V8L 4J2

CLARK ENTERPRISES 7250 4th St. Sidney. 656-6456.
5mm 1/4 Bevelled mirrors 24x36, 32x42, 48x60, 60x72, 72x84, 84x96, 96x108, 108x120, 120x144, 144x168, 168x192, 192x216, 216x240, 240x264, 264x288, 288x312, 312x336, 336x360, 360x384, 384x408, 408x432, 432x456, 456x480, 480x504, 504x528, 528x552, 552x576, 576x600, 600x624, 624x648, 648x672, 672x696, 696x720, 720x744, 744x768, 768x792, 792x816, 816x840, 840x864, 864x888, 888x912, 912x936, 936x960, 960x984, 984x1008, 1008x1032, 1032x1056, 1056x1080, 1080x1104, 1104x1128, 1128x1152, 1152x1176, 1176x1200, 1200x1224, 1224x1248, 1248x1272, 1272x1296, 1296x1320, 1320x1344, 1344x1368, 1368x1392, 1392x1416, 1416x1440, 1440x1464, 1464x1488, 1488x1512, 1512x1536, 1536x1560, 1560x1584, 1584x1608, 1608x1632, 1632x1656, 1656x1680, 1680x1704, 1704x1728, 1728x1752, 1752x1776, 1776x1800, 1800x1824, 1824x1848, 1848x1872, 1872x1896, 1896x1920, 1920x1944, 1944x1968, 1968x1992, 1992x2016, 2016x2040, 2040x2064, 2064x2088, 2088x2112, 2112x2136, 2136x2160, 2160x2184, 2184x2208, 2208x2232, 2232x2256, 2256x2280, 2280x2304, 2304x2328, 2328x2352, 2352x2376, 2376x2400, 2400x2424, 2424x2448, 2448x2472, 2472x2496, 2496x2520, 2520x2544, 2544x2568, 2568x2592, 2592x2616, 2616x2640, 2640x2664, 2664x2688, 2688x2712, 2712x2736, 2736x2760, 2760x2784, 2784x2808, 2808x2832, 2832x2856, 2856x2880, 2880x2904, 2904x2928, 2928x2952, 2952x2976, 2976x3000, 3000x3024, 3024x3048, 3048x3072, 3072x3096, 3096x3120, 3120x3144, 3144x3168, 3168x3192, 3192x3216, 3216x3240, 3240x3264, 3264x3288, 3288x3312, 3312x3336, 3336x3360, 3360x3384, 3384x3408, 3408x3432, 3432x3456, 3456x3480, 3480x3504, 3504x3528, 3528x3552, 3552x3576, 3576x3600, 3600x3624, 3624x3648, 3648x3672, 3672x3696, 3696x3720, 3720x3744, 3744x3768, 3768x3792, 3792x3816, 3816x3840, 3840x3864, 3864x3888, 3888x3912, 3912x3936, 3936x3960, 3960x3984, 3984x4008, 4008x4032, 4032x4056, 4056x4080, 4080x4104, 4104x4128, 4128x4152, 4152x4176, 4176x4200, 4200x4224, 4224x4248, 4248x4272, 4272x4296, 4296x4320, 4320x4344, 4344x4368, 4368x4392, 4392x4416, 4416x4440, 4440x4464, 4464x4488, 4488x4512, 4512x4536, 4536x4560, 4560x4584, 4584x4608, 4608x4632, 4632x4656, 4656x4680, 4680x4704, 4704x4728, 4728x4752, 4752x4776, 4776x4800, 4800x4824, 4824x4848, 4848x4872, 4872x4896, 4896x4920, 4920x4944, 4944x4968, 4968x4992, 4992x5016, 5016x5040, 5040x5064, 5064x5088, 5088x5112, 5112x5136, 5136x5160, 5160x5184, 5184x5208, 5208x5232, 5232x5256, 5256x5280, 5280x5304, 5304x5328, 5328x5352, 5352x5376, 5376x5400, 5400x5424, 5424x5448, 5448x5472, 5472x5496, 5496x5520, 5520x5544, 5544x5568, 5568x5592, 5592x5616, 5616x5640, 5640x5664, 5664x5688, 5688x5712, 5712x5736, 5736x5760, 5760x5784, 5784x5808, 5808x5832, 5832x5856, 5856x5880, 5880x5904, 5904x5928, 5928x5952, 5952x5976, 5976x6000, 6000x6024, 6024x6048, 6048x6072, 6072x6096, 6096x6120, 6120x6144, 6144x6168, 6168x6192, 6192x6216, 6216x6240, 6240x6264, 6264x6288, 6288x6312, 6312x6336, 6336x6360, 6360x6384, 6384x6408, 6408x6432, 6432x6456, 6456x6480, 6480x6504, 6504x6528, 6528x6552, 6552x6576, 6576x6600, 6600x6624, 6624x6648, 6648x6672, 6672x6696, 6696x6720, 6720x6744, 6744x6768, 6768x6792, 6792x6816, 6816x6840, 6840x6864, 6864x6888, 6888x6912, 6912x6936, 6936x6960, 6960x6984, 6984x7008, 7008x7032, 7032x7056, 7056x7080, 7080x7104, 7104x7128, 7128x7152, 7152x7176, 7176x7200, 7200x7224, 7224x7248, 7248x7272, 7272x7296, 7296x7320, 7320x7344, 7344x7368, 7368x7392, 7392x7416, 7416x7440, 7440x7464, 7464x7488, 7488x7512, 7512x7536, 7536x7560, 7560x7584, 7584x7608, 7608x7632, 7632x7656, 7656x7680, 7680x7704, 7704x7728, 7728x7752, 7752x7776, 7776x7800, 7800x7824, 7824x7848, 7848x7872, 7872x7896, 7896x7920, 7920x7944, 7944x7968, 7968x7992, 7992x8016, 8016x8040, 8040x8064, 8064x8088, 8088x8112, 8112x8136, 8136x8160, 8160x8184, 8184x8208, 8208x8232, 8232x8256, 8256x8280, 8280x8304, 8304x8328, 8328x8352, 8352x8376, 8376x8400, 8400x8424, 8424x8448, 8448x8472, 8472x8496, 8496x8520, 8520x8544, 8544x8568, 8568x8592, 8592x8616, 8616x8640, 8640x8664, 8664x8688, 8688x8712, 8712x8736, 8736x8760, 8760x8784, 8784x8808, 8808x8832, 8832x8856, 8856x8880, 8880x8904, 8904x8928, 8928x8952, 8952x8976, 8976x9000, 9000x9024, 9024x9048, 9048x9072, 9072x9096, 9096x9120, 9120x9144, 9144x9168, 9168x9192, 9192x9216, 9216x9240, 9240x9264, 9264x9288, 9288x9312, 9312x9336, 9336x9360, 9360x9384, 9384x9408, 9408x9432, 9432x9456, 9456x9480, 9480x9504, 9504x9528, 9528x9552, 9552x9576, 9576x9600, 9600x9624, 9624x9648, 9648x9672, 9672x9696, 9696x9720, 9720x9744, 9744x9768, 9768x9792, 9792x9816, 9816x9840, 9840x9864, 9864x9888, 9888x9912, 9912x9936, 9936x9960, 9960x9984, 9984x10008, 10008x10032, 10032x10056, 10056x10080, 10080x10104, 10104x10128, 10128x10152, 10152x10176, 10176x10200, 10200x10224, 10224x10248, 10248x10272, 10272x10296, 10296x10320, 10320x10344, 10344x10368, 10368x10392, 10392x10416, 10416x10440, 10440x10464, 10464x10488, 10488x10512, 10512x10536, 10536x10560, 10560x10584, 10584x10608, 10608x10632, 10632x10656, 10656x10680, 10680x10704, 10704x10728, 10728x10752, 10752x10776, 10776x10800, 10800x10824, 10824x10848, 10848x10872, 10872x10896, 10896x10920, 10920x10944, 10944x10968, 10968x10992, 10992x11016, 11016x11040, 11040x11064, 11064x11088, 11088x11112, 11112x11136, 11136x11160, 11160x11184, 11184x11208, 11208x11232, 11232x11256, 11256x11280, 11280x11304, 11304x11328, 11328x11352, 11352x11376, 11376x11400, 11400x11424, 11424x11448, 11448x11472, 11472x11496, 11496x11520, 11520x11544, 11544x11568, 11568x11592, 11592x11616, 11616x11640, 11640x11664, 11664x11688, 11688x11712, 11712x11736, 11736x11760, 11760x11784, 11784x11808, 11808x11832, 11832x11856, 11856x11880, 11880x11904, 11904x11928, 11928x11952, 11952x11976, 11976x12000, 12000x12024, 12024x12048, 12048x12072, 12072x12096, 12096x12120, 12120x12144, 12144x12168, 12168x12192, 12192x12216, 12216x12240, 12240x12264, 12264x12288, 12288x12312, 12312x12336, 12336x12360, 12360x12384, 12384x12408, 12408x12432, 12432x12456, 12456x12480, 12480x12504, 12504x12528, 12528x12552, 12552x12576, 12576x12600, 12600x12624, 12624x12648, 12648x12672, 12672x12696, 12696x12720, 12720x12744, 12744x12768, 12768x12792, 12792x12816, 12816x12840, 12840x12864, 12864x12888, 12888x12912, 12912x12936, 12936x12960, 12960x12984, 12984x13008, 13008x13032, 13032x13056, 13056x13080, 13080x13104, 13104x13128, 13128x13152, 13152x13176, 13176x13200, 13200x13224, 13224x13248, 13248x13272, 13272x13296, 13296x13320, 13320x13344, 13344x13368, 13368x13392, 13392x13416, 13416x13440, 13440x13464, 13464x13488, 13488x13512, 13512x13536, 13536x13560, 13560x13584, 13584x13608, 13608x13632, 13632x13656, 13656x13680, 13680x13704, 13704x13728, 13728x13752, 13752x13776, 13776x13800, 13800x13824, 13824x13848, 13848x13872, 13872x13896, 13896x13920, 13920x13944, 13944x13968, 13968x13992, 13992x14016, 14016x14040, 14040x14064, 14064x14088, 14088x14112, 14112x14136, 14136x14160, 14160x14184, 14184x14208, 14208x14232, 14232x14256, 14256x14280, 14280x14304, 14304x14328, 14328x14352, 14352x14376, 14376x14400, 14400x14424, 14424x14448, 14448x14472, 14472x14496, 14496x14520, 14520x14544, 14544x14568, 14568x14592, 14592x14616, 14616x14640, 14640x14664, 14664x14688, 14688x14712, 14712x14736, 14736x14760, 14760x14784, 14784x14808, 14808x14832, 14832x14856, 14856x14880, 14880x14904, 14904x14928, 14928x14952, 14952x14976, 14976x15000, 15000x15024, 15024x15048, 15048x15072, 15072x15096, 15096x15120, 15120x15144, 15144x15168, 15168x15192, 15192x15216, 15216x15240, 15240x15264, 15264x15288, 15288x15312, 15312x15336, 15336x15360, 15360x15384, 15384x15408, 15408x15432, 15432x15456, 15456x15480, 15480x15504, 15504x15528, 15528x15552, 15552x15576, 15576x15600, 15600x15624, 15624x15648, 15648x15672, 15672x15696, 15696x15720, 15720x15744, 15744x15768, 15768x15792, 15792x15816, 15816x15840, 15840x15864, 15864x15888, 15888x15912, 15912x15936, 15936x15960, 15960x15984, 15984x16008, 16008x16032, 16032x16056, 16056x16080, 16080x16104, 16104x16128, 16128x16152, 16152x16176, 16176x16200, 16200x16224, 16224x16248, 16248x16272, 16272x16296, 16296x16320, 16320x16344, 16344x16368, 16368x16392, 16392x16416, 16416x16440, 16440x16464, 16464x16488, 16488x16512, 16512x16536, 16536x16560, 16560x16584, 16584x16608, 16608x16632, 16632x16656, 16656x16680, 16680x16704, 16704x16728, 16728x16752, 16752x16776, 16776x16800, 16800x16824, 16824x16848, 16848x16872, 16872x16896, 16896x16920, 16920x16944, 16944x16968, 16968x16992, 16992x17016, 17016x17040, 17040x17064, 17064x17088, 17088x17112, 17112x17136, 17136x17160, 17160x17184, 17184x17208, 17208x17232, 17232x17256, 17256x17280, 17280x17304, 17304x17328, 17328x17352, 17352x17376, 17376x17400, 17400x17424, 17424x17448, 17448x17472, 17472x17496, 17496x17520, 17520x17544, 17544x17568, 17568x17592, 17592x17616, 17616x17640, 17640x17664, 17664x17688, 17688x17712, 17712x17736, 17736x17760, 17760x17784, 17784x17808, 17808x17832, 17832x17856, 17856x17880, 17880x17904, 17904x17928, 17928x17952, 17952x17976, 17976x18000, 18000x18024, 18024x18048, 18048x18072, 18072x18096, 18096x18120, 18120x18144, 18144x18168, 18168x18192, 18192x18216, 18216x18240, 18240x18264, 18264x18288, 18288x18312, 18312x18336, 18336x18360, 18360x18384, 18384x18408, 18408x18432, 18432x18456, 18456x18480, 18480x18504, 18504x18528, 18528x18552, 18552x18576, 18576x18600, 18600x18624, 18624x18648, 18648x18672, 18672x18696, 18696x18720, 18720x18744, 18744x18768, 18768x18792, 18792x18816, 18816x18840, 18840x18864, 18864x18888, 18888x18912, 18912x18936, 18936x18960, 18960x18984, 18984x19008, 19008x19032, 19032x19056, 19056x19080, 19080x19104, 19104x19128, 19128x19152, 19152x19176, 19176x19200, 19200x19224, 19224x19248, 19248x19272, 19272x19296, 19296x19320, 19320x19344, 19344x19368, 19368x19392, 19392x19416, 19416x19440, 19440x19464, 19464x19488, 19488x19512, 19512x19536, 19536x19560, 19560x19584, 19584x19608, 19608x19632, 19632x19656, 19656x19680, 19680x19704, 19704x19728, 19728x19752, 19752x19776, 19776x19800, 19800x19824, 19824x19848, 19848x19872, 19872x19896, 19896x19920, 19920x19944, 19944x19968, 19968x19992, 19992x20016, 20016x20040, 20040x20064, 20064x20088, 20088x20112, 20112x20136, 20136x20160, 20160x20184, 20184x20208, 20208x20232, 20232x20256, 20256x20280, 20280x20304, 20304x20328, 20328x20352, 20352x20376, 20376x20400, 20400x20424, 20424x20448, 20448x20472, 20472x20496, 20496x20520, 20520x20544, 20544x20568, 20568x20592, 20592x20616, 20616x20640, 20640x20664, 20664x20688, 20688x20712, 20712x20736, 20736x20760, 20760x20784, 20784x20808, 20808x20832, 20832x20856, 20856x20880, 20880x20904, 20904x20928, 20928x20952,



OVER THE GARDEN FENCE
By HELEN LANG

By the time you read this Christmas will be over, and we will be secretly taking "Enos", and popping the odd "Tums", all terrified to get on the bathroom scales! Much as I love Christmas I'm glad it only occurs once a year.

For some reason that escapes me I've done more baking this year than usual. Made two absolutely sinful slices consisting of a sort of shortbread base, with a glorious concoction on top combining candied fruit, mixed nuts and chocolate chips all held together with a mixture of brown sugar and egg. You can gain 10 pounds just by glancing at these!

Also made an enormous lot of "rum balls" . . . took me about three days (working when the spirit moved me) to roll them all . . . some in ground almonds, some in ground walnuts and some in shredded coconut . . . all of them lethal.

Something learned from an old cookbook while doing this baking is a wonderful way to use extra egg yolks, after you have used the whites to make something exotic.

Take a deepish pot, one that will support a strainer over the top (use a metal strainer as I'm sure a plastic one would melt) . . . just slip your egg yolks into the strainer while it is sitting in the water in the pot, and boil for five minutes. Presto! You have hard boiled yolks which when mashed make a handsome garnish for a salad, or if mixed with some chopped onion and a bit of salad dressing make a superb egg sandwich.

I tried this and it works. The egg whites were used to make coconut macaroons (also called "kisses") These turned out to be mere bits of fluff, as light as thistledown, but much tastier!

Strange things going on outside the past couple of nights. It's neither Santa Claus nor his elves. Youthful voices, male, making uncouth remarks to no-one in particular (we hope!), at very odd hours. Last night there was quite a noise out on the street. I jumped up to see what was the matter, and made strong suggestions to "himself" that he too should haul himself out of bed and join me.

He rolls over, and makes vaguely interested noises in a terribly sleepy voice, pretending he hasn't heard a thing, but not wanting me to think he isn't deeply concerned.

I get up and stalk around, listening at doors, peering out windows from behind the curtains, generally ill at ease, until the cat jumps up and scares me half to death. Then I go back to bed to fret for an hour before getting back to sleep.

In the morning the outside Christmas lights are still all there — I'd been convinced they'd all been stolen, not for any good use but simply to be broken on the pavement because they make such a lovely "pop" (so I am told.)

On the table in front of me is a bowl of beautiful "paper white" narcissus, almost, but not quite in full flower. These were planted early November in the greenhouse, moved into the garage to slow their growth, and brought inside four days ago. The amaryllis planted Nov. 24 is growing about two inches a day but won't flower for a couple of weeks, but it will cheer us during those weary January days.

The birds are feeding madly these cold days, and giving us so much pleasure I really recommend feeding them for your own sakes as well as theirs. The bush tits come swooping in at least 15 times a day, spend a short time on our "mobiles" made of sliced beef leg-bones, then dash on to their next "eatery" returning soon for another snack.

They are the most joyful little circus, travelling in groups of about 20, happily sharing everything there is with the chickadees and finches, and often nestling together for a brief rest under the overhand of the house, perched on our clinging Virginia creeper.

You gave

The following are names of people who contributed to The Review-Sidney Lions Christmas Fund with the exception of a few who requested anonymity.

Gloria Powell, Muriel Campbell, Panormama Leisure Centre, Ellen Scott, Keating elementary school, Gordon Dickin, M.H.Clark, Brenda Matthews, Mrs.Munton, Ralph Bradshaw, W.A. Law, R.Budesheim, Five-Pin Glen Meadows, Mrs.P.Pearce, M.P.Perry, Eric H.Porter, M.E.Beal, Joyce and Bill Lambeth, Fred Ball, Dan and Becky McGregor, Beverley Boyd, George Longphoe, F.Williams, Brentwood Rotary, Don Wilson, Volunteer Services (John Chapman).

Lee Roberts, Julia C.Barron, Len B.Rolph, Prospect Lake school (in memory of Mr.Hoole, Hall Guild, Holy Trinity Church, Mr and Mrs.Bruce Clackett, Norm Burbon, Colin Graham, Miller Fence and Gate Ltd., Sidney Scout Troop, Mrs.Kratz, North Saanich Firemen, Gilliam Mackie, Minnie Pratt, Frances Lelievre.

Mr and Mrs.Chapman, M.Cottrid, Mrs.M.J.Williams, J.T.Bumpus, Renewable Resources Consulting Services, Trace Carthbert, A.C.Simpson, Jack and Louise Tucker, N.J.Johnson, Brenda Clarke, E.J.Dalzell, Van Isle Water Services, Ruth Muir, Ben Ethier, Doris Houghton, Mrs.J.Elliott,

Brentwood United Church, R.B.George, M.Wilson, E.H.Nash, Helen Lang, Marie Pearson, D.Paquette, K.Cooper, Arthur and Adrienne Pearce, Vera Hill, Mrs.M.Mullen, L.Cox, Mrs.Cooke, Mrs.G.Scher, J.pendray,

A.D.Gillespie, Don Ball, F.W.Peachey, Mrs.L.B.Lambert, Mrs.E.Dorman, Jim Pugh.

Jane Sinclair, Town of Sidney and RCMP, W.Brown, Mrs.Lovejoy, Pat Daggart, Past Chief Club (Pythias), Ellen Gutormson, Mollie Duncan, Sidney Mermaids, John and Ely Barclay, Bob Harman, D.Korsrud, Victoria Shipton, Mrs.A.P.Crosby, Y.Berben, A.R.Alexander, Mary Willmore, E.Wellwood, E.M.Beattie, Reia Ridge, G.M.Fry, St Andrews Anglican Church, R. and H.Cornell, D.Oxland.

Mrs.J.G.Mustard, Island Transparency, Mr and Mrs.B.Christmas, Sidney Lions, W.R.Woodward, W.J.Yule, Linda Thomson, B.M.Mathews, Mrs.Hawkins, J.T.McKevitt, Mr and Mrs.Robinson, William S.Armstrong, Jack T.Caldwell, John Deltombe, Ken Friesen, Tim and David; Ella G.Heagle, Mr.Eldridge, Mr and Mrs.E.Clarke, Ross and Camille Martin, Mr and Mrs.W.C.Shade.

Mr and Mrs.A.Shrieves, R.Holland, Karel Drost, Central Saanich Lions Club, Stelly's school, St Paul's United Church, W.Adams, Ladies auxiliary to the Royal Canadian Legion, Shannon Hryharyshen, Kathleen L. Currie, Clark and Beth Morrison, E.Weesejes, J.Bastone, James, A.G.Evans, Mr and Mrs.M.Gill, Edith L.Down and Lynn, Albic, Beryl;J.George Strachan, H.Edwards, Mrs.T.A.Whitaker, J.Neil Chapman, Edward A.Chartwell, St Paul's United Youth Group, Saanich 4-H Beef Club, F.J.Gordon, Mr and Mrs.S.T.Jones,

C.E.Adams, Mrs.Hastings, A.S.Laws, J.Catherine Milne.

Social dancing at its finest

For social dancing at its finest, as well as good fun and vigorous exercise - try Scottish Country dancing. Classes in the Sidney area are held 7:30 p.m. in McTavish Rd school gymnasium. Beginners on Wednesdays, advanced Thursdays, commencing Jan 9 and 10. Registration at the Panorama Leisure Centre on East Saanich Road. For more information, please phone Joan Isaac 652-2138.

Art exhibition

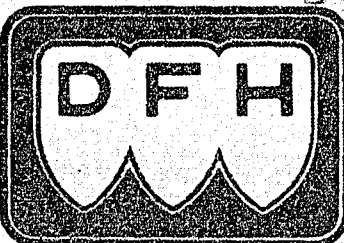
New work by artist M.Morgan-Warren is featured in an exhibition 10 a.m. - 5 p.m. at The Longhouse Gallery. Also work by Maxine Bradley, Richard Davis and a series of drawings by Norval Morrisseau. The gallery is located at 906 Gordon St., Victoria.

START THE NEW YEAR RIGHT!

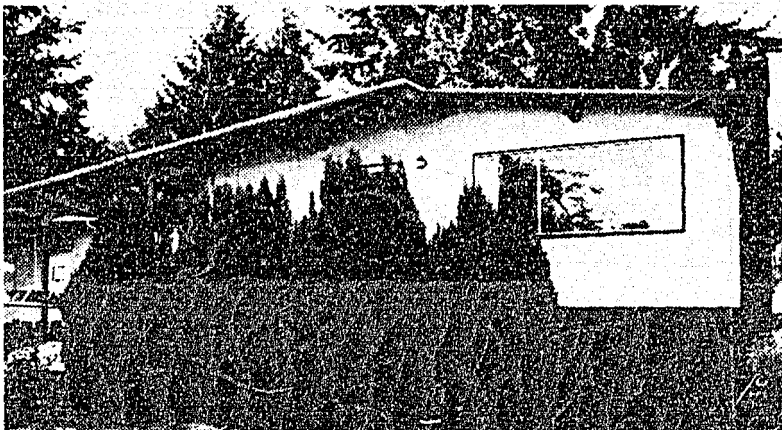
\$4000.00 CASH
AND Total Mortg. Payment of only
\$720.00/mo. (25 yr. am.)
TOTAL PRICE ? — ONLY \$79,000



LINDA SCHUR
388-5464
Pager 470
24 HRS. 7 DAYS/WEEK
"FINANCING?"
WE ARE THE
SPECIALISTS!
477-7291



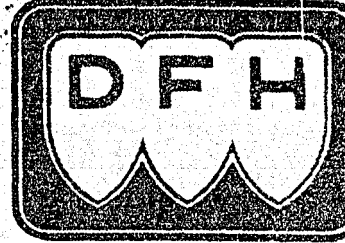
D.F.H. Real Estate Ltd.



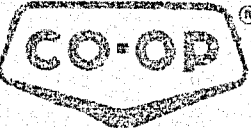
4 Bedrooms and a hot tub in a discreetly private wrap-around sundeck. A warm, friendly, bright, cheerful Post & beam home with 3 skylights and more development potential in the full high basement. Can YOU qualify? Call us NOW and LETS TALK!



BRIAN MEREDITH-JONES
388-6275
Pager 1870
24 HRS. 7 DAYS/WEEK
"WHEN YOU
LIST WITH US
YOU GET RESULTS!"
477-7291



D.F.H. Real Estate Ltd.



NEW YEAR'S SAVINGS

January 2 - 5/85
10% MEMBER DISCOUNT EVERY TUESDAY

GUARANTEED QUALITY MEATS

CUT FROM CANADA A BEEF STANDING RIB ROAST	CHECK THE TRIM \$279 / \$593 lb. kg
REGULAR GROUND BEEF	FRESH DAILY \$128 / \$282 lb. kg
CUT FROM CANADA A BEEF SHORT RIBS O' BEEF	\$149 / \$329 lb. kg
CUT FROM CANADA A BEEF RIB STEAKS	\$299 / \$593 lb. kg
CUT FROM CANADA A BEEF BLADE STEAK	BONE IN \$149 / \$329 lb. kg
CUT FROM CANADA A BEEF CROSS RIB ROASTS	BONELESS \$229 / \$505 lb. kg
BEEF, PORK, DINNER SAUSAGE	\$159 / \$351 lb. kg
SIDES O' BEEF CUT WRAPPED & FROZEN	\$179 / \$395 lb. kg <small>Weight loss due to boning, trimming will increase price per pound</small>
CUT WRAPPED & FROZEN HINDS O' BEEF	\$219 / \$483 lb. kg
GOV'T. INSPECTED PORK BUTT STEAK	\$149 / \$329 lb. kg
CARL BUDDIG & BURNS COOKED MEATS	71 GRAM 79¢ ea.
COUNTRY MORNING SLICED COOKED MEATS & CHEESE	10% OFF MARKED PRICES
COUNTRY MORNING SWEET PICKLED CORNED BEEF	\$349 / \$769 lb. kg
GAINES BOLOGNA BY THE PIECE	\$119 / \$262 lb. kg
BREADED FROZEN FISH CAKES	\$129 / \$279 lb. kg

FROZEN FOODS

WESTVALE BRUSSEL SPROUTS	\$149 1 kg
DELNOR PETIT PEAS	99¢ 350g
PEPPERIDGE FARMS LAYER CAKES	\$139 ea.

MAYFAIR


SIDE BACON	\$149 500 GRAM pkg.
SLICED BEEF LIVER & KIDNEY	89¢ / \$196 lb. kg

FRESH PRODUCE

APPLES	RED OR GOLDEN DELICIOUS OKANAGAN, 3 lb. bag	89¢ ea.
MUSHROOMS	MONEY'S, lb.	\$169 / \$372 lb. kg
CORN	U.S.	3/99¢
ONIONS	MEDIUM LOCAL CAN. NO. 1 GRADE	19¢ / 42¢ lb. kg
LETTUCE	ROMAINE OR GREEN LEAF	49¢ each

MORE GROCERY BUYS

SUNLIGHT POWDER DETERGENT	12 litre	\$799
GREEN GIANT KERNEL CORN	341 ml.	75¢
GREEN GIANT CREAMED CORN	398 ml.	75¢
RAGU SPAGHETTI SAUCE	W/MEAT 398 ml.	95¢
ROYALE BATH TISSUE	4's	\$165
KLEENEX FACIAL TISSUE	200's	\$109
HI-DRI TOWELS	2's	\$115
CO-OP FANCY APPLE SAUCE	398 ml.	59¢
CO-OP WHOLE BABY CLAMS	142g	\$139
SKIPPY SMOOTH OR CHUNKY PEANUT BUTTER	1 kg.	\$369
CO-OP COLORED MARGARINE	(FOIL) 454g	69¢
BLUE BONNET MARGARINE	1.36 kg.	\$253
SUN RYPE BLUE LABEL APPLE JUICE	1 litre	89¢
CO-OP VACUUM PAK COFFEE	369g	\$269
MOTT'S CLAMATO JUICE	1.36 litre	\$109
COOP WHOLE ROAST COFFEE BEANS	454g	\$329
CO-OP CUT WAX BEANS	398 ml.	59¢
CLOVERLEAF CHUNK LIGHT TUNA	184g	99¢
DELMONTE PEARS	14 oz.	89¢
DELMONTE PEACHES	14 oz.	89¢
COLONIAL CHEDDAR CHEESE WAFERS	175g.	\$169
ISLAND BAKERY HOT DOG OR HAMBURGER BUNS	doz.	\$119
ARMSTRONG CHEESE FOOD	SLICES THINS 500g	\$299
CO-OP PINEAPPLE CHUNKS	398 ml.	69¢
LEONARDO SPAGHETTI OR MACARONI	2 kg.	\$269
CO-OP EVAPORATED MILK	385 ml.	69¢
CO-OP WHOLE WHEAT FLOUR	10 kg.	\$499



Peninsula Co-op

100% Canadian Owned
2132 KEATING X ROAD.
CENTRAL SAANICH
in The Seaboard Plaza

store hours
Mon, Wed, Thur, Sat.
9:00 am - 6:00 pm
Tuesday, Friday
9:00 am - 9:00 pm
PLUS OUR GAS BAR IS OPEN 7 DAYS A WEEK

652-1188